

Supplementary Table

Supplementary Table S1. Alpha diversity results for all feeding, sleeping and growth variables.

Testing Variable	Diversity Metric	Median (IQR)		H	p-value
		Category 1	Category 2		
Mode of birth	Shannon	4.64 (0.50)	4.76 (1.27)	0.335	0.563
Category 1: Vaginal	Observed OTUs	92 (43)	91 (53)	0.055	0.814
Category 2: C-section	FaithPD	9.22 (3.15)	7.96 (3.42)	1.424	0.233
	Evenness	0.73 (0.10)	0.73 (0.11)	0.633	0.426
Original study intervention	Shannon	4.55 (0.80)	4.82 (0.87)	0.366	0.545
Category 1: Control	Observed OTUs	82 (40)	103 (40)	2.193	0.139
Category 2: Intervention	FaithPD	7.72 (2.66)	9.80 (2.37)	2.955	0.086
	Evenness	0.73 (0.10)	0.72 (0.13)	0.025	0.874
Age of starting solids	Shannon	4.76 (0.87)	4.44 (1.45)	2.637	0.104
Category 1: Before 6 months	Observed OTUs	91 (43)	63 (45)	1.822	0.177
Category 2: 6 months and after	FaithPD	8.70 (2.94)	6.81 (3.40)	1.156	0.282
	Evenness	0.73 (0.12)	0.69 (0.16)	2.348	0.125
Any breastfeeding at 1 month	Shannon	4.55 (0.58)	4.76 (1.04)	0.404	0.525
Category 1: No	Observed OTUs	80 (37)	93 (39)	0.321	0.571
Category 2: Yes	FaithPD	8.55 (3.44)	8.70 (3.06)	0.024	0.877
	Evenness	0.71 (0.07)	0.73 (0.13)	0.248	0.619
Any breastfeeding at 6 months	Shannon	4.55 (0.55)	4.89 (1.28)	0.161	0.688
Category 1: No	Observed OTUs	91 (44)	86 (47)	0.136	0.712
Category 2: Yes	FaithPD	8.55 (3.20)	8.70 (3.54)	0.002	0.962
	Evenness	0.72 (0.10)	0.74 (0.15)	0.114	0.736
Any breastfeeding at 12 months	Shannon	4.65 (0.65)	4.76 (1.41)	0.117	0.732
Category 1: No	Observed OTUs	87 (45)	104 (55)	2.147	0.143
Category 2: Yes	FaithPD	8.46 (3.29)	9.84 (4.70)	2.202	0.138
	Evenness	0.73 (0.11)	0.69 (0.15)	0.036	0.849
Exclusive breastfeeding at 1 month	Shannon	4.75 (0.73)	4.53 (1.11)	0.123	0.726
Category 1: No	Observed OTUs	92 (45)	85 (45)	0.134	0.714
Category 2: Yes	FaithPD	8.78 (2.92)	8.55 (3.67)	0.001	0.975
	Evenness	0.73 (0.08)	0.70 (0.12)	0.328	0.567
Exclusive breastfeeding at 6 months	Shannon	4.65 (0.80)	4.72 (1.16)	0.125	0.724
Category 1: No	Observed OTUs	87 (43)	95 (58)	0.499	0.48
Category 2: Yes	FaithPD	8.47 (3.05)	9.06 (5.45)	0.08	0.778
	Evenness	0.72 (0.11)	0.74 (0.13)	0.125	0.724
Exclusive breastfeeding at 12 months	Shannon	4.65 (1.00)	4.76 (0.25)	0.076	0.782
Category 1: No	Observed OTUs	87 (46)	109 (23)	1.074	0.3
Category 2: Yes	FaithPD	8.62 (3.40)	10.07 (2.44)	0.577	0.447
	Evenness	0.73 (0.12)	0.71 (0.07)	0.019	0.89
Bed-sharing at 1 month	Shannon	4.54 (0.81)	5.05 (0.70)	4.335	0.037
Category 1: No	Observed OTUs	82 (43)	118 (23)	5.194	0.023
Category 2: Yes	FaithPD	8.36 (3.39)	9.98 (1.79)	3.409	0.065
	Evenness	0.72 (0.12)	0.76 (0.09)	2.228	0.135
Bedtime at 1 month	Shannon	4.89 (0.29)	4.55 (0.88)	0.324	0.569
Category 1: <21:00	Observed OTUs	97 (22)	86 (47)	0.081	0.776
Category 2: ≥21:00	FaithPD	8.99 (2.04)	8.70 (3.73)	0	1
	Evenness	0.73 (0.06)	0.73 (0.12)	0.155	0.694
Number of wakes at 1 month	Shannon	4.55 (0.91)	4.92 (0.83)	0.446	0.504
Category 1: ≤3	Observed OTUs	86 (42)	97 (38)	0.014	0.906
Category 2: >3	FaithPD	8.70 (2.94)	8.89 (3.37)	0.002	0.969
	Evenness	0.71 (0.13)	0.75 (0.04)	1.043	0.307
Max sleep bout at 1 month	Shannon	4.64 (0.69)	4.90 (0.87)	0.337	0.562
Category 1: ≤4 h	Observed OTUs	85 (52)	96 (36)	0.182	0.669
Category 2: >4 h	FaithPD	7.80 (3.85)	9.02 (1.32)	0.514	0.473
	Evenness	0.73 (0.12)	0.73 (0.15)	0.057	0.811
Night Sleep at 1 month	Shannon	4.90 (0.87)	4.54 (0.74)	2.228	0.135
Category 1: ≤10 h	Observed OTUs	96 (47)	86 (23)	0.347	0.556
Category 2: >10 h	FaithPD	9.02 (3.22)	8.25 (2.01)	0.5	0.48
	Evenness	0.74 (0.10)	0.67 (0.06)	3.125	0.077
Daytime sleep at 1 month	Shannon	4.53 (1.11)	4.81 (0.55)	1.95	0.163
Category 1: ≤8 h	Observed OTUs	83 (45)	103 (28)	1.951	0.162

Category 2: >8 h	FaithPD	8.62 (3.25)	9.42 (2.62)	0.963	0.326
	Evenness	0.72 (0.12)	0.73 (0.09)	2.167	0.141
Nap frequency at 1 month	Shannon	4.81 (0.70)	4.52 (1.06)	0.154	0.694
Category 1: ≤4	Observed OTUs	86 (44)	107 (58)	1.581	0.209
Category 2: >4	FaithPD	8.55 (2.75)	9.64 (5.31)	1.21	0.271
	Evenness	0.74 (0.08)	0.65 (0.11)	0.747	0.387
24hTST at 1 month	Shannon	4.55 (0.88)	4.75 (0.33)	0.048	0.827
Category 1: ≤18 h	Observed OTUs	83 (46)	95 (34)	0.243	0.622
Category 2: >18 h	FaithPD	9.00 (3.20)	8.46 (2.77)	0	1
	Evenness	0.74 (0.12)	0.71 (0.10)	0.001	0.971
Proportion of night to 24TST at 1 month	Shannon	4.92 (0.88)	4.47 (0.70)	4.395	0.036
Category 1: ≤0.56	Observed OTUs	101 (48)	80 (17)	1.922	0.166
Category 2: >0.56	FaithPD	9.23 (3.33)	7.96 (2.49)	2.444	0.118
	Evenness	0.75 (0.10)	0.69 (0.08)	4.102	0.043
Bedtime at 6 months	Shannon	4.99 (0.50)	4.54 (1.00)	1.986	0.159
Category 1: <21:00	Observed OTUs	95 (42)	89 (46)	0.162	0.687
Category 2: ≥21:00	FaithPD	9.37 (2.59)	8.47 (3.41)	0.253	0.615
	Evenness	0.78 (0.06)	0.71 (0.12)	2.759	0.097
Number of wakes at 6 months	Shannon	4.90 (0.87)	4.51 (0.92)	2.838	0.092
Category 1: ≤1	Observed OTUs	98 (45)	82 (33)	1.298	0.255
Category 2: >1	FaithPD	9.05 (3.17)	7.96 (3.01)	1.773	0.183
	Evenness	0.74 (0.08)	0.66 (0.10)	2.132	0.144
Max sleep bout at 6 months	Shannon	4.55 (0.69)	4.74 (0.88)	0.344	0.558
Category 1: ≤7 h	Observed OTUs	91 (41)	83 (47)	0.274	0.601
Category 2: >7 h	FaithPD	9.00 (3.47)	7.96 (3.34)	1.265	0.261
	Evenness	0.74 (0.13)	0.72 (0.12)	0.464	0.496
Night Sleep at 6 months	Shannon	4.54 (1.11)	4.81 (0.73)	0.002	0.962
Category 1: ≤9 h	Observed OTUs	96 (46)	83 (31)	1.607	0.205
Category 2: >9 h	FaithPD	9.02 (2.85)	7.64 (3.11)	1.988	0.159
	Evenness	0.73 (0.12)	0.73 (0.09)	0.183	0.669
Daytime sleep at 6 months	Shannon	4.55 (0.95)	4.74 (0.79)	0.892	0.345
Category 1: ≤5 h	Observed OTUs	83 (45)	115 (34)	4.248	0.039
Category 2: >5 h	FaithPD	7.48 (3.34)	9.87 (1.88)	8.621	0.003
	Evenness	0.73 (0.12)	0.70 (0.15)	0.05	0.823
Nap frequency at 6 months	Shannon	4.76 (0.90)	4.51 (1.04)	2.031	0.154
Category 1: ≤3	Observed OTUs	91 (45)	82 (48)	0.382	0.536
Category 2: >3	FaithPD	8.40 (3.24)	9.00 (3.83)	0.184	0.668
	Evenness	0.74 (0.09)	0.65 (0.09)	3.128	0.077
24hTST at 6 months	Shannon	4.53 (0.92)	4.81 (0.73)	0.405	0.524
Category 1: ≤13 h	Observed OTUs	82 (35)	106 (38)	2.535	0.111
Category 2: >13 h	FaithPD	7.56 (2.56)	9.58 (1.80)	4.55	0.033
	Evenness	0.74 (0.11)	0.71 (0.11)	0.146	0.702
Proportion of night to 24TST at 6 months	Shannon	4.65 (0.66)	4.68 (1.05)	0.626	0.429
Category 1: ≤0.66	Observed OTUs	107 (38)	76 (40)	5.559	0.018
Category 2: >0.66	FaithPD	9.46 (2.46)	6.90 (3.08)	11.676	0.001
	Evenness	0.72 (0.13)	0.73 (0.12)	0.016	0.899
Bedtime at 12 months	Shannon	5.18 (0.38)	4.54 (0.94)	4.054	0.044
Category 1: <21:00	Observed OTUs	121 (14)	83 (45)	4.797	0.029
Category 2: ≥21:00	FaithPD	10.32 (2.16)	8.38 (3.43)	3.854	0.05
	Evenness	0.75 (0.04)	0.71 (0.12)	1.713	0.191
Number of wakes at 12 months	Shannon	4.55 (0.59)	4.81 (1.37)	0.003	0.959
Category 1: ≤1	Observed OTUs	93 (47)	82 (43)	0.404	0.525
Category 2: >1	FaithPD	8.70 (2.71)	8.40 (4.19)	0.215	0.643
	Evenness	0.73 (0.09)	0.73 (0.15)	0.05	0.823
Max sleep bout at 12 months	Shannon	4.89 (0.87)	4.47 (0.90)	0.779	0.378
Category 1: ≤9 h	Observed OTUs	91 (37)	80 (53)	0.644	0.422
Category 2: >9 h	FaithPD	9.00 (3.22)	7.96 (3.63)	1.448	0.229
	Evenness	0.73 (0.12)	0.72 (0.11)	0.161	0.688
Night Sleep at 12 months	Shannon	4.65 (1.11)	4.65 (0.63)	0.305	0.581
Category 1: ≤10 h	Observed OTUs	83 (47)	116 (21)	1.127	0.288
Category 2: >10 h	FaithPD	8.38 (3.99)	9.35 (1.14)	0.795	0.373
	Evenness	0.73 (0.13)	0.71 (0.06)	0.002	0.966
Daytime sleep at 12 months	Shannon	4.49 (1.28)	4.75 (0.52)	0.557	0.455
Category 1: ≤3 h	Observed OTUs	83 (52)	95 (36)	0.51	0.475
Category 2: >3 h	FaithPD	8.02 (3.39)	9.01 (2.53)	1.521	0.218
	Evenness	0.72 (0.13)	0.73 (0.05)	0.237	0.626

Nap frequency at 12 months	Shannon	4.55 (0.99)	4.76 (0.75)	1.498	0.221
Category 1: ≤ 2	Observed OTUs	83 (44)	96 (41)	1.683	0.195
Category 2: > 2	FaithPD	8.55 (3.14)	9.00 (2.63)	0.457	0.499
	Evenness	0.72 (0.12)	0.75 (0.15)	1.682	0.195
24hTST at 12 months	Shannon	4.49 (1.08)	4.75 (0.56)	1.147	0.284
Category 1: ≤ 13 h	Observed OTUs	83 (51)	95 (38)	0.607	0.436
Category 2: > 13 h	FaithPD	8.02 (3.41)	9.01 (2.53)	1.29	0.256
	Evenness	0.72 (0.13)	0.73 (0.09)	0.886	0.347
Proportion of night to 24TST at 12 months	Shannon	4.55 (0.76)	4.91 (1.06)	1.038	0.308
Category 1: ≤ 0.77	Observed OTUs	87 (41)	95 (41)	0.329	0.567
Category 2: > 0.77	FaithPD	8.47 (3.47)	8.87 (3.17)	0.016	0.899
	Evenness	0.71 (0.10)	0.75 (0.11)	1.464	0.226
RWG - Birth to 6 months	Shannon	4.81 (0.63)	4.41 (0.87)	2.55	0.11
Category 1: No	Observed OTUs	96 (39)	72 (34)	2.95	0.086
Category 2: Yes	FaithPD	9.00 (3.11)	6.81 (3.31)	3.633	0.057
	Evenness	0.73 (0.12)	0.72 (0.11)	0.958	0.328