Table 1. The classifications of covariates.

Covariates	Classifications
Gender	Female; Male
Age (year)	18–39; 40–59; ≥60
Marital status	Never married/widowed/divorced/separated; Married/living with partner
Race	Mexican American; Non-Hispanic White; Non-Hispanic Black; Other Hispanic; Other race
Occupation	No work; Regular night or evening shift/rotating shift/other; Regular daytime schedule
Family income/year	$20,000 and over; Below $20,000
Educational level	High school; Above high school; Below high school;
Body mass index	<18.5 kg/m^2; 18.5 to <25 kg/m^2; 25 to <30 kg/m^2; ≥30 kg/m^2
Smoked at least 100 cigarettes in life	No; Yes
Had at least 12 alcohol drinks/year	No; Yes
Use of female hormones	No; Yes
Physical activity	Moderate; Vigorous; Other
C-reactive protein (mg/dL)	Continuous
Caffeine intake (mg/d) [a]	Continuous
Hypertension [b]	No; Yes
Depressive symptoms [c]	No; Yes
Diabetes [d]	No; Yes

[a] Caffeine intake was the mean dietary caffeine intake through two 24-h dietary data.

[b] Participants whose mean diastolic (or systolic) blood pressure ≥80 (or ≥130) mmHg, or self-reported doctor diagnosis, or currently taking prescribed for high blood pressure were considered as having hypertension.

[c] Participants with the score of Patient Health Questionnaire-9 ≥10 were classified as having depressive symptoms.

[d] Diabetes was identified as self-reported doctor diagnosis.