

Supplementary file 1

The synergistic impact of sleep duration and obesity on metabolic syndrome risk: exploring the role of microRNAs

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Table S1. Comparison of MetS components across classified groups using ANOVA and Tukey's post hoc tests

MetS components	Classification Mean (SD)	ANOVA test				Tukey's post hoc p-value*				
		Raw data		Adjusted for Age and Sex		A	B	C	D	
		Effect Size	p-value*	Effect Size	p-value*					
WC	A: 89.6 (8.2)	0.773	< 0.001	0.808	< 0.001	A	1	< 0.001	0.997	< 0.001
	B: 110.9 (3.4)					B	1	< 0.001	0.978	
	C: 89.5 (6.9)					C	1	< 0.001	1	
	D: 111.1 (2.9)					D	1	< 0.001	1	
TG	A: 93.7 (32.3)	0.160	< 0.001	0.153	< 0.001	A	1	< 0.001	0.128	< 0.001
	B: 136.7 (66.4)					B	1	< 0.001	0.014	
	C: 108.8 (51.5)					C	1	< 0.001	1	
	D: 157.3 (70.5)					D	1	< 0.001	1	
HDL-c	A: 51.2 (6.2)	0.065	< 0.001	0.079	< 0.001	A	1	0.002	0.233	< 0.001
	B: 47.9 (8.2)					B	1	0.336	0.103	
	C: 49.4 (7.5)					C	1	0.001	1	
	D: 45.9 (7.8)					D	1	< 0.001	1	
SBP	A: 120.1 (4.2)	0.046	< 0.001	0.029	0.001	A	1	0.009	0.766	< 0.001
	B: 122.0 (6.0)					B	1	0.153	0.425	
	C: 120.7 (3.9)					C	1	0.002	1	
	D: 122.9 (5.7)					D	1	< 0.001	1	
DBP	A: 79.7 (4.2)	0.050	< 0.001	0.036	< 0.001	A	1	0.012	0.278	< 0.001

	B: 81.5 (5.1)					B	1	0.619	0.133	
	C: 80.8 (3.6)					C		1	0.005	
	D: 82.7 (5.4)					D			1	
FBS	A: 90.3 (7.5)	0.022	0.007	0.014	0.045	A	1	0.227	1	0.021
	B: 92.5 (10.2)					B		1	0.234	0.771
	C: 90.3 (7.5)					C			1	0.024
	D: 93.6 (11.7)					D				1

*A p-value < 0.05 was considered statistically significant. Abbreviations: MetS: Metabolic Syndrome, WC: Waist circumference, TG: Triglyceride, HDL-c: HDL cholesterol, SBP: Systolic Blood Pressure, DBP: Diastolic Blood Pressure, FBS: Fasting Blood Sugar

Table S2. 260/280 Absorbance Ratios of Extracted RNA

Group A*	260/280	Group B	260/280	Group C	260/280	Group D	260/280
A1	1.87	B1	1.96	C1	1.88	D1	1.83
A2	1.98	B2	2.09	C2	2.13	D2	1.92
A3	2.12	B3	1.84	C3	1.97	D3	2.01
A4	2.03	B4	2.12	C4	2.04	D4	1.78
A5	1.89	B5	1.99	C5	1.92	D5	2.17
A6	2.07	B6	2.01	C6	2.11	D6	1.94
A7	1.94	B7	2.08	C7	1.99	D7	2.05
A8	2.15	B8	1.87	C8	2.07	D8	1.86
A9	1.78	B9	2.15	C9	1.95	D9	2.11
A10	2.01	B10	1.91	C10	2.01	D10	2.03
A11	1.92	B11	2.03	C11	1.80	D11	1.97
A12	2.09	B12	1.93	C12	1.98	D12	2.15
A13	1.83	B13	2.14	C13	1.92	D13	1.90
A14	1.92	B14	1.92	C14	2.18	D14	2.18
A15	2.07	B15	2.06	C15	1.89	D15	1.82
A16	1.88	B16	1.94	C16	2.25	D16	2.08
A17	2.14	B17	2.21	C17	1.99	D17	1.84
A18	1.95	B18	1.86	C18	2.16	D18	2.02
A19	2.01	B19	2.11	C19	1.83	D19	1.87
A20	1.83	B20	1.98	C20	1.94	D20	2.13
A21	2.11	B21	2.05	C21	1.87	D21	1.96
A22	1.99	B22	1.97	C22	2.05	D22	1.88
A23	2.04	B23	2.03	C23	1.99	D23	2.04
A24	1.97	B24	1.89	C24	2.16	D24	2.26

* Group A: normal sleepers with normal weight, Group B: normal sleepers with obese weight, Group C: short sleepers with normal weight, Group D: short sleepers with obese weight

