

Supplemental Information: Reply to de la Iglesia *et al.*

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Population	Mean sample age	Mean sleep duration	Reference
Tsimane - Summer	37	5.7	[3]
Ju/'hoansi – Summer	38.5	6.2	[3]
US* – Elderly men	76.4	6.2	[S1]
Hannover, GE – Healthy control (women)	55.3	6.3	[S5]
Toba – Elec – Summer	28.8	6.3	[1]
Bologna, IT – non-insomniac control	31.8	6.5	[S2]
Hadza	36.6	6.5	[3]
Berlin, GE – Spring	19-31	6.6	[S3]
Bologna, IT/ Paris, FR – insomniac	42.7	6.6	[S2]
Tsimane – Winter	38	6.6	[3]
Hannover, GE – Hep C patients (women)	56.8	6.8	[S5]
Berlin, GE – Autumn	19-31	6.9	[S3]
Toba – NO elec – Summer	17.3	7.0	[1]
Ju/'hoansi – Winter	38	7.1	[3]
Sydney, AU – Depressed (HDRS > 8)	25.4	7.4	[S4]
Sydney, AU – Depressed (HDRS > 8)	68.9	7.5	[S4]
Toba – Elec – Winter	29.1	7.5	[1]
Sydney, AU – Control (HDRS < 8)	68.9	7.6	[S4]
Sydney, AU – Control (HDRS < 8)	25.4	7.7	[S4]
Sydney, AU – Depressed (HDRS > 8)	50.8	7.7	[S4]
Sydney, AU – Control (HDRS < 8)	50.8	7.9	[S4]
Toba – NO elec – Winter	27.4	8.5	[1]

Table S1. Average sleep duration for the several populations referenced in Yetish, et al., 2015 and de la Iglesia, et al.'s commentary sorted into order of increasing average sleep duration. Our paper [1] provides sleep durations and sleep periods and an explanation of the difference between these two measures. “Non-Westernized” populations are listed in Bold. *Study based on amalgamated dataset comprised of data collected from multiple sleep clinics in the following US cities: Birmingham, AL; Minneapolis, MN; Palo Alto, CA; Pittsburgh, PA; Portland, OR; and San Diego, CA.

Supplemental References

- S1. Blackwell T., Ancoli-Israel S., Redline S., and Stone K.L. (2011). Factors that may influence the classification of sleep-wake by wrist actigraphy: the MrOS Sleep Study. *J Clin Sleep Med.* 7: 357-367.
- S2. Natale V., Leger D., Martoni M., Bayon V., and Erbacci A. (2014). The role of actigraphy in the assessment of primary insomnia: a retrospective study. *Sleep Medicine* 15: 111-115.
- S3. Lehnkering H. and Siegmund R. (2007). Influence of chronotype, season, and sex of subject on sleep behavior of young adults. *Chronobiol. Int.* 24: 875-888. 2
- S4. Robillard R., Naismith S.L., Smith K.L., Rogers N.L., White D., Terpening Z., Ip T.K., Hermens D.F., Whitwell B., Scott E.M. et al. (2014). Sleep-wake cycle in young and older persons with a lifetime history of mood disorders. *PLoS. ONE.* 9: e87763.

S5. Heeren M., Sojref F., Schuppner R., Worthmann H., Pflugrad H., Tryc A.B., Pasedag T., and Weissenborn K. (2014). Active at night, sleepy all day: Sleep disturbances in patients with hepatitis C virus infection. *Journal of Hepatology* 60: 732-740.