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Appendix 1. Caffeine content of food and drinks

Food and Drinks	Caffeine content (mg / 100 g)
Caffeinated Drinks	
Black tea (brewed)	20
Black tea (bag)	24
Green tea (brewed)	18
Green tea (bag)	11
Turkish coffee	60
Nescafe (classic)	44
Nescafe (gold)	26
Nescafe (decaffeinated)	2
Cappuccino	11
Nescafe 3 in 1	22
Nescafe 2 in 1	23
Hot chocolate	2
Chocolate milkshake	3
Chocolate milk	2
Cola	12
Diet cola	16
Energy drinks	30
Ice tea	3
Chocolate and foods with chocolate	
Milk chocolate	24
Bitter chocolate	68
White chocolate	0
Chocolate waffles	14
Chocolate sticks	3
Chocolate dragee	22
Chocolate biscuits	3
Chocolate cake	2
Chocolate cookie	2
Chocolate ice cream	2
Chocolate pudding	2
Foods with cocoa	
Cocoa cake	5
Cocoa cookies	3
Cocoa biscuits	3
Cocoa breakfast cereals	3
Cocoa pudding	2

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Table S1: The participants' chronotype scores of according to some key variables

Chronotype scores		N	$\bar{x} \pm SD$	F/p
Sex	Male	477	47.39±7.04	39.366 0.057
	Female	184	48.87±7.07	
Smoking Status	Yes	215	47.46±9.46	9.124 0.084
	No	446	48.87±7.56	
Body mass index	Underweight	78	51.92±5.82[a]	3.329 0.036*
	Normal	444	48.63±7.34[a]	
	Overweight /Obese	128	46.29±11.20[b]	
PSQI total score	Good Sleep Quality	222	49.58±6.86	12.287 <0.001**
	Poor sleep Quality	439	47.89±8.80	

The data show presents as mean ± standard deviation ($\bar{x} \pm SD$). The analysis of covariance (ANCOVA) was used. The data adjusted for age. *p<0.05, **p<0.001

Table S2. The relationship between body mass index, sleep quality and chronotype

Chronotype	Models	Chronotype (referent: Morning type)			
		Intermediate Type		Evening Type	
		OR (%95 CI)	p	OR (%95 CI)	p
Body mass index	Model 1	2.155 (1.239-3.749)	0.008*	2.246 (1.239-5.025)	0.020*
	Model 2	1.758 (1.067-2.998)	0.038*	1.726 (1.039-3.290)	0.026*
	Model 3	1.318 (0.980-2.581)	0.72	1.421 (1.088-2.574)	0.048*
Sleep Quality	Model 1	2.219 (1.177-4.182)	0.011*	2.476 (1.168-5.343)	0.018*
	Model 2	2.034 (1.067-3.878)	0.031*	2.225 (1.129-4.616)	0.036*
	Model 3	2.019 (1.057-3.855)	0.033*	2.012 (1.021-4.594)	0.049*

Multinomial Logistic regression was used. Cut points for the outcomes: Body mass index (<25 kg/m^2 vs ≥25 kg/m^2); Sleep Quality (Pittsburgh Sleep Quality total scores <5 points vs ≥5 points); Model 1: adjusted for age; Model 2: adjusted for age, sex; Model 3: adjusted for age, sex and smoking status. OR: odds ratio; 95% CI: 95% confidence interval. *$p < 0.05$