



Supplementary Figure S1. Pittsburgh Sleep Quality Index global score by Mediterranean Food Pattern adherence. Dots represent mean and bars standard error. PSQI, Pittsburgh Sleep Quality Index. (A) Pittsburgh Sleep Quality Index global score by low vs. high Mediterranean Food Pattern at the 16th gestational week. (B) Pittsburgh Sleep Quality Index global score by low vs. high Mediterranean Food Pattern at the 34th gestational week.

Supplementary table S1. Differences in the dietary habits, the Mediterranean Food Pattern and the Pittsburgh Sleep Quality Index global score of pregnant women by gestational week (16th versus 34th gestational weeks) ($n = 117$).

	16th week of gestation	34th week of gestation	<i>p</i>
Food frequency			
Whole-grain cereals (s/week)	4.9 (5.3)	5.6 (6.3)	0.101
Potatoes (s/week)	2.3 (1.2)	2.3 (1.5)	1.000
Fruits (s/day)	2.1 (1.1)	2.4 (1.2)	0.010
Vegetables (s/day)	3.6 (1.7)	3.8 (1.7)	0.014
Pulses (s/week)	2.6 (1.1)	2.6 (1.1)	0.394
Fish (s/week)	4.9 (2.3)	5.3 (2.4)	0.112
Red meat and subproducts (s/week)	5.4 (3.4)	5.7 (3.8)	0.340
Poultry (s/week)	2.6 (1.2)	2.6 (1.3)	0.862
Whole dairy products (s/week)	2.9 (3.9)	4.0 (1.8)	0.044
Olive oil (s/week)	13.9 (11.6)	13.3 (7.9)	0.888
Sweets (s/week)	8.9 (6.4)	9.5 (6.9)	0.195
Nuts (s/week)	5.2 (5.3)	5.5 (5.4)	0.487
Mediterranean Food Pattern (4-35)	21.0 (5.0)	21.1 (5.4)	0.847
Pittsburgh Sleep Quality Index global score (0-21) ^a ($n = 116$)	6.20 (3.3)	8.76 (3.8)	<0.001

^aA higher score means worse sleep quality. Data shown as mean (standard deviation); s—servings.

Supplementary Table S2. Association between Mediterranean Food Pattern and Mediterranean diet components with the Pittsburgh Sleep Quality Index global score at the 16th gestational week and 34th gestational week according to pre-pregnancy body mass index categorization.

Food groups	Pre-pregnancy normal-weight	Pre-pregnancy overweight or obese	Pre-pregnancy normal-weight	Pre-pregnancy overweight or obese
	PSQI global score ^a (16th gestational week) (n = 87)	PSQI global score ^a (16th gestational week) (n = 49)	PSQI global score ^a (34th gestational week) (n = 78)	PSQI global score ^a (34th gestational week) (n = 34)
<i>Whole-grain cereals (s/week)</i>	0.088	-0.202	-0.083	-0.204
<i>Potatoes (s/week)</i>	-0.004	-0.058	0.101	0.030
<i>Fruits (s/day)</i>	-0.269*	-0.083	-0.074	-0.232
<i>Vegetables (s/day)</i>	0.012	-0.108	-0.163	0.036
<i>Pulses (s/week)</i>	0.050	0.188	-0.044	0.161
<i>Fish (s/week)</i>	0.056	-0.016	-0.112	-0.273
<i>Red meat and subproducts (s/week)</i>	0.080	0.222	0.096	0.250
<i>Poultry (s/week)</i>	0.162	-0.028	0.075	0.119
<i>Whole dairy products (s/week)</i>	-0.062	0.010	-0.152	0.030
<i>Skimmed dairy products (s/week)</i>	0.138	-0.211	-0.020	-0.243
<i>Olive oil (s/week)</i>	0.006	-0.401**	-0.260*	-0.198
<i>Nuts (s/week)</i>	-0.009	-0.084	-0.105	-0.191
<i>Sweets (s/week)</i>	0.064	-0.012	0.057	0.181
<i>Mediterranean Food Pattern (4-35)</i>	-0.122	-0.207	-0.284*	-0.362*

^aA higher score means worse sleep quality. PSQI—Pittsburgh Sleep Quality Index; s—servings. * $p < 0.05$; ** $p < 0.01$.

Supplementary Table S3. Association between Mediterranean Food Pattern and Mediterranean diet components with the Pittsburgh Sleep Quality Index global score at the 16th gestation week and 34th gestational week for the control group and the intervention groups.

Food groups	Control group	Control group	Intervention group
	PSQI global score ^a (16th gestational week) (n = 78)	PSQI global score ^a (34th gestational week) (n = 52)	PSQI global score ^a (34th gestational week) (n = 66)
<i>Whole-grain cereals (s/week)</i>	-0.025	-0.107	-0.189
<i>Potatoes (s/week)</i>	-0.073	0.234	-0.028
<i>Fruits (s/day)</i>	-0.292**	-0.214	-0.035
<i>Vegetables (s/day)</i>	-0.025	-0.157	-0.027
<i>Pulses (s/week)</i>	0.096	-0.027	0.089
<i>Fish (s/week)</i>	-0.036	-0.175	-0.036
<i>Red meat and subproducts (s/week)</i>	0.142	0.169	0.236
<i>Poultry (s/week)</i>	0.096	0.139	0.059
<i>Whole dairy products (s/week)</i>	-0.159	-0.099	-0.005
<i>Skimmed dairy products (s/week)</i>	0.078	-0.035	-0.134
<i>Olive oil (s/week)</i>	-0.281*	-0.367**	-0.006
<i>Nuts (s/week)</i>	-0.208	-0.225	-0.085
<i>Sweets (s/week)</i>	-0.009	0.165	0.118
<i>Mediterranean Food Pattern (4-35)</i>	-0.240*	-0.451**	-0.150

^aA higher score means worse sleep quality. PSQI—Pittsburgh Sleep Quality Index; s—servings. *p<0.05; **p<0.01.

Supplementary Table S4. Differences in the Pittsburgh Sleep Quality Index global score of pregnant women at the 34th gestational week by exercise intervention (control versus intervention).

	Control group (<i>n</i> = 52)	Intervention group (<i>n</i> = 66)	<i>p</i>
PSQI global score (0-21) ^a	8.96 (3.8)	8.73 (3.7)	0.726

^aA higher score means worse sleep quality. PSQI—Pittsburgh Sleep Quality Index.