

Supplementary Material

Supplementary Table S1. Zero order and partial correlations of variables of interest with levels of IL-6. + $p < 0.01$.

Confounders	–	Age, Gender, BMI	Age, Gender, BMI, MCI Diagnosis		–	Age, Gender, BMI	Age, Gender, BMI, MCI Diagnosis
Night TST	0.03	0.01	0.01	Mediterranean Diet Score	0.03	0.01	0.01
24-h TST	0.04	0.03	0.02	Consumption of:			
Night TMB	0.07	0.04	0.03	Vegetables	–0.28 +	–0.33 +	–0.36 +
24-h TMB	0.08	0.08	0.06	Red meat	–0.11	–0.12	–0.12
Night Sleep Efficiency	–0.04	–0.04	–0.02	Dairy products	–0.07	–0.11	–0.11
Night WASO	0.03	0.02	0.01	Legumes	–0.12	–0.12	–0.13
Night Sleep latency	0.13	0.13	0.13	Non-refined cereal	–0.11	–0.06	–0.05
Number of Awakenings	–0.02	0.01	0.01	Refined cereal	–0.02	–0.04	–0.04
Sleep duration	0.09	0.08	0.08	Potatoes	–0.14	–0.15	–0.15
Non-refreshing sleep	0.04	0.04	0.05	Fruit	–0.02	–0.03	–0.02
Leg movement	–0.09	–0.12	–0.13	Fish	–0.02	–0.04	–0.04
EDS	–0.06	–0.06	–0.07	Poultry	0.01	–0.02	–0.03
Sleep Apnea symptoms	–0.04	–0.01	0.01	Eggs	–0.11	–0.12	–0.12
Insomnia symptoms	–0.06	–0.05	–0.09	Sweets	–0.09	–0.14	–0.14
Physical activity	–0.29 +	–0.29 +	–0.29 +	Alcoholic beverages	–0.02	–0.13	–0.12

Total Energy Intake	-0.06	-0.11	-0.10
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Supplementary Table S2. Zero order and partial correlations of variables of interest with levels of TNF-a. * $p < 0.05$.

Confounders	–	Age, Gender, BMI	Age, Gender, BMI, MCI Diagnosis		–	Age, Gender, BMI	Age, Gender, BMI, MCI Diagnosis
Night TST	0.07	0.03	0.02	Mediterranean Diet Score	–0.05	–0.10	–0.08
24-h TST	0.04	0.02	0.01	Consumption of:			
Night TMB	0.10	0.04	0.03	Vegetables	–0.21 *	–0.19 *	–0.18 *
24-h TMB	0.04	0.02	0.02	Red meat	–0.17	–0.12	–0.14
Night Sleep Efficiency	0.001	0.02	0.03	Dairy products	0.09	0.13	0.13
Night WASO	0.05	0.02	0.01	Legumes	–0.03	–0.03	–0.04
Night Sleep latency	0.09	0.07	0.06	Non-refined cereal	0.05	0.10	0.13
Number of Awakenings	0.06	0.09	0.09	Refined cereal	–0.01	–0.02	–0.01
Sleep duration	0.06	0.06	0.08	Potatoes	–0.13	–0.14	–0.14
Non-refreshing sleep	0.002	–0.06	–0.07	Fruit	0.01	0.01	0.01
Leg movement	–0.13	–0.14	–0.15	Fish	–0.10	–0.09	–0.09
EDS	–0.02	–0.04	–0.05	Poultry	0.01	0.07	0.06
Sleep Apnea symptoms	–0.14	–0.09	–0.10	Eggs	0.11	0.09	0.13
Insomnia symptoms	–0.11	–0.13	–0.13	Sweets	–0.16	–0.13	–0.11
Physical activity	–0.05	–0.04	–0.05	Alcoholic beverages	0.10	0.07	0.09
Total Energy Intake	–0.04	–0.01	–0.04				