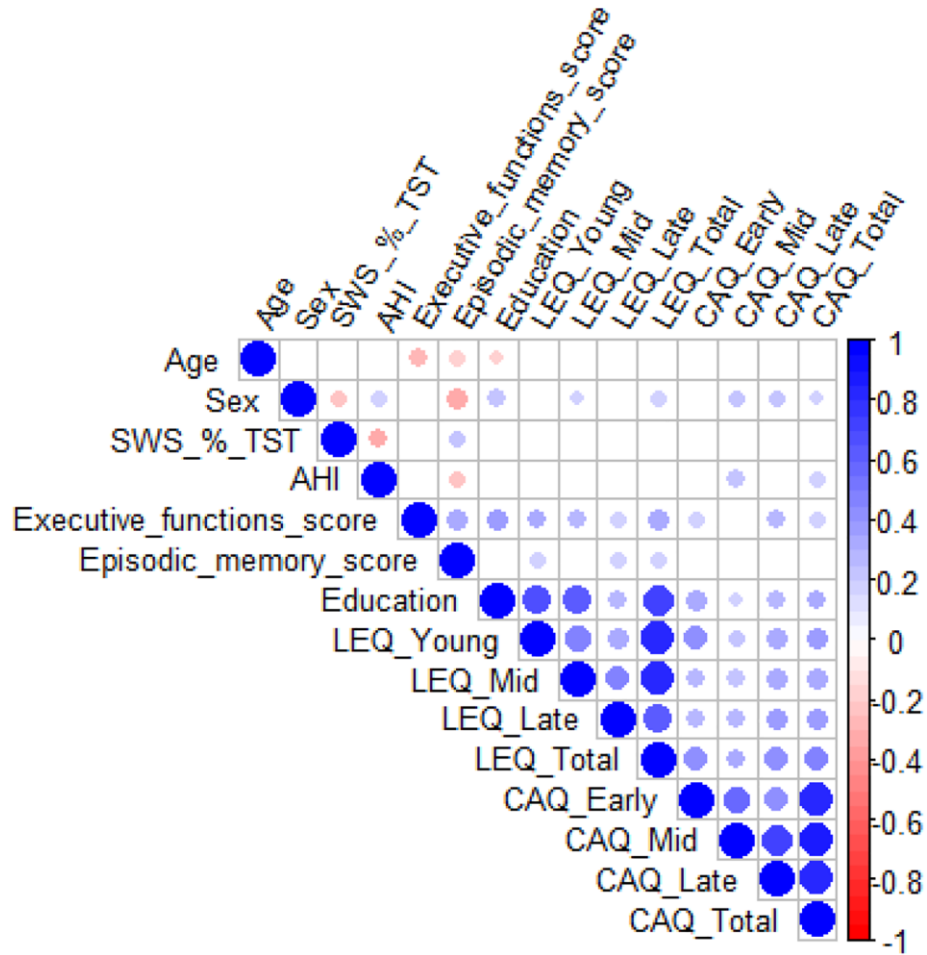# SUPPLEMENTARY FIGURE

Supplementary Figure 1. Simple linear regressions matrix between demographics, sleep, cognition and cognitive reserve proxies. Standardized β coefficients are indicated in blue (positive) or red (negative) or white when *p* > 0.05. Numerical values of Sex are F = 0 and M = 1. Abbreviations: LEQ: Lifetime of Experiences Questionnaire; CAQ: Cognitive Activities Questionnaire; SWS: Slow Wave Sleep; TST: total sleep time; AHI: Apnea Hypopnea Index. Mid refers to midlife.