

**Supplemental Table 2. Computer use at home before retirement (wave -1) and mean changes in computer use during the retirement transition period (from wave -1 to wave +1) by pre-retirement characteristics of the population. All models adjusted for age, sex and occupational status.**

|                             | Before retirement        |        |      | During retirement transition |        |      |                      |
|-----------------------------|--------------------------|--------|------|------------------------------|--------|------|----------------------|
|                             | Total sedentary time (h) | 95% CI |      | Mean change (h)              | 95% CI |      | P-value <sup>1</sup> |
| Total                       | 0.79                     | 0.74   | 0.85 | 0.32                         | 0.29   | 0.37 |                      |
| Sex                         |                          |        |      |                              |        |      | 0.87                 |
| Men                         | 0.89                     | 0.79   | 0.98 | 0.32                         | 0.23   | 0.42 |                      |
| Women                       | 0.69                     | 0.65   | 0.73 | 0.33                         | 0.29   | 0.38 |                      |
| Occupational status         |                          |        |      |                              |        |      | 0.08                 |
| Upper grade, non-manual     | 0.87                     | 0.80   | 0.94 | 0.32                         | 0.25   | 0.39 |                      |
| Lower grade, non-manual     | 0.75                     | 0.68   | 0.83 | 0.39                         | 0.32   | 0.45 |                      |
| Manual                      | 0.73                     | 0.66   | 0.80 | 0.29                         | 0.23   | 0.35 |                      |
| Workstatus                  |                          |        |      |                              |        |      | 0.21                 |
| Full-time                   | 0.77                     | 0.71   | 0.82 | 0.35                         | 0.30   | 0.39 |                      |
| Part-time                   | 0.83                     | 0.76   | 0.91 | 0.30                         | 0.23   | 0.36 |                      |
| Marital status              |                          |        |      |                              |        |      | 0.06                 |
| Married or cohabiting       | 0.78                     | 0.72   | 0.83 | 0.31                         | 0.26   | 0.35 |                      |
| Not married or other        | 0.82                     | 0.73   | 0.91 | 0.31                         | 0.31   | 0.47 |                      |
| Heavy physical work         |                          |        |      |                              |        |      | 0.29                 |
| No                          | 0.78                     | 0.72   | 0.83 | 0.34                         | 0.29   | 0.38 |                      |
| Yes                         | 0.84                     | 0.73   | 0.95 | 0.28                         | 0.19   | 0.38 |                      |
| Occupational sedentary time |                          |        |      |                              |        |      | <0.0001              |
| 0-<4 h                      | 0.78                     | 0.71   | 0.85 | 0.28                         | 0.23   | 0.34 |                      |
| 4-<6 h                      | 0.81                     | 0.72   | 0.89 | 0.33                         | 0.25   | 0.41 |                      |
| 6-<8 h                      | 0.70                     | 0.62   | 0.78 | 0.48                         | 0.41   | 0.55 |                      |
| ≥8h                         | 0.61                     | 0.45   | 0.76 | 0.54                         | 0.33   | 0.74 |                      |
| Physical activity           |                          |        |      |                              |        |      | 0.76                 |
| Low                         | 0.86                     | 0.79   | 0.93 | 0.32                         | 0.26   | 0.39 |                      |
| Moderate                    | 0.75                     | 0.68   | 0.82 | 0.35                         | 0.28   | 0.42 |                      |
| High                        | 0.73                     | 0.66   | 0.80 | 0.32                         | 0.26   | 0.38 |                      |
| Body mass index             |                          |        |      |                              |        |      | 0.77                 |

|                            |      |      |      |      |      |      |       |
|----------------------------|------|------|------|------|------|------|-------|
| Underweight                | 0.57 | 0.04 | 1.12 | NA   |      |      |       |
| Normal weight              | 0.72 | 0.65 | 0.79 | 0.34 | 0.28 | 0.40 |       |
| Overweight                 | 0.77 | 0.71 | 0.83 | 0.30 | 0.25 | 0.36 |       |
| Obese                      | 0.95 | 0.85 | 1.05 | 0.33 | 0.24 | 0.43 |       |
| Heavy alcohol use          |      |      |      |      |      |      | 0.11  |
| No                         | 0.78 | 0.73 | 0.83 | 0.32 | 0.28 | 0.36 |       |
| Yes                        | 0.87 | 0.74 | 1.00 | 0.43 | 0.30 | 0.56 |       |
| Current smoking            |      |      |      |      |      |      | 0.15  |
| No                         | 0.80 | 0.74 | 0.85 | 0.32 | 0.28 | 0.36 |       |
| Yes                        | 0.72 | 0.59 | 0.84 | 0.42 | 0.29 | 0.56 |       |
| Sleep difficulties         |      |      |      |      |      |      | 0.01  |
| No                         | 0.78 | 0.72 | 0.85 | 0.28 | 0.23 | 0.33 |       |
| Moderate                   | 0.78 | 0.71 | 0.86 | 0.34 | 0.27 | 0.41 |       |
| Severe                     | 0.80 | 0.72 | 0.88 | 0.41 | 0.34 | 0.49 |       |
| Number of chronic diseases |      |      |      |      |      |      | 0.17  |
| 0                          | 0.78 | 0.71 | 0.86 | 0.29 | 0.22 | 0.36 |       |
| 1                          | 0.78 | 0.71 | 0.84 | 0.31 | 0.25 | 0.37 |       |
| ≥2                         | 0.83 | 0.75 | 0.90 | 0.37 | 0.31 | 0.44 |       |
| Mental disorders           |      |      |      |      |      |      | 0.64  |
| No                         | 0.77 | 0.72 | 0.82 | 0.33 | 0.28 | 0.37 |       |
| Yes                        | 0.90 | 0.78 | 1.02 | 0.35 | 0.25 | 0.45 |       |
| Self-reported health       |      |      |      |      |      |      | 0.30  |
| Good                       | 0.77 | 0.72 | 0.83 | 0.31 | 0.27 | 0.36 |       |
| Average                    | 0.81 | 0.74 | 0.89 | 0.38 | 0.30 | 0.46 |       |
| Poor                       | 0.91 | 0.70 | 1.11 | 0.39 | 0.17 | 0.60 |       |
| Psychological distress     |      |      |      |      |      |      | 0.009 |
| No                         | 0.79 | 0.74 | 0.84 | 0.31 | 0.27 | 0.35 |       |
| Yes                        | 0.76 | 0.66 | 0.86 | 0.46 | 0.35 | 0.57 |       |

<sup>1</sup>P-value for interaction with time