

## Title: Genome-wide Analysis of Insomnia (N=1,331,010) Identifies Novel Loci and Functional Pathways

Philip R. Jansen<sup>1,2</sup>, Kyoko Watanabe<sup>1</sup>, Sven Stringer<sup>1</sup>, Nathan Skene<sup>3</sup>, Julien Bryois<sup>4</sup>,  
Anke R. Hammerschlag<sup>1</sup>, Christiaan A. de Leeuw<sup>1</sup>, Jeroen Benjamins<sup>5</sup>,  
Ana B. Muñoz-Manchado<sup>3</sup>, Mats Nagel<sup>1,6</sup>, Jeanne E. Savage<sup>1</sup>, Henning Tiemeier<sup>2,7</sup>,  
Tonya White<sup>2</sup>, The 23andMe Research Team<sup>8</sup>, Joyce Y. Tung<sup>8</sup>, David A. Hinds<sup>8</sup>,  
Vladimir Vacic<sup>8</sup>, Patrick F. Sullivan<sup>4,9,10</sup>, Sophie van der Sluis<sup>1,6</sup>, Tinca J.C. Polderman<sup>1</sup>,  
August B. Smit<sup>11</sup>, Jens Hjerling-Leffler<sup>3</sup>, Eus J.W. Van Someren<sup>12,13\*</sup>, Danielle Posthuma<sup>1,6\*†</sup>

### Affiliations:

- <sup>1</sup> Department of Complex Trait Genetics, Center for Neurogenomics and Cognitive Research, Amsterdam Neuroscience, VU University Amsterdam, The Netherlands
- <sup>2</sup> Department of Child and Adolescent Psychiatry, Erasmus University Medical Center, Rotterdam, the Netherlands
- <sup>3</sup> Laboratory of Molecular Neurobiology, Department of Medical Biochemistry and Biophysics, Karolinska Institutet, Stockholm, Sweden
- <sup>4</sup> Department of Medical Epidemiology and Biostatistics, Karolinska Institutet, Stockholm, Sweden
- <sup>5</sup> Departments of Social, Health and Organizational Psychology, and of Experimental Psychology, Utrecht University, the Netherlands
- <sup>6</sup> Department of Clinical Genetics, Section Complex Trait Genetics, Amsterdam Neuroscience, VU University Medical Center, Amsterdam, the Netherlands
- <sup>7</sup> Department of Psychiatry, Erasmus University Medical Center, Rotterdam, the Netherlands
- <sup>8</sup> 23andMe, Inc., Mountain View, CA, USA
- <sup>9</sup> Department of Genetics, University of North Carolina, Chapel Hill, USA
- <sup>10</sup> Department of Psychiatry, University of North Carolina, Chapel Hill, USA
- <sup>11</sup> Department of Molecular and Cellular Neurobiology, Center for Neurogenomics and Cognitive Research, Amsterdam Neuroscience, VU University Amsterdam, Amsterdam, Netherlands
- <sup>12</sup> Departments of Integrative Neurophysiology and Psychiatry InGeest, Amsterdam Neuroscience, VU University and Medical Center, Amsterdam, The Netherlands
- <sup>13</sup> Department of Sleep and Cognition, Netherlands Institute for Neuroscience, an institute of the Royal Netherlands Academy of Arts and Sciences, Amsterdam, The Netherlands

\* These authors contributed equally to this work

† Correspondence should be addressed to: Danielle Posthuma: Department of Complex Trait Genetics, VU University, De Boelelaan 1085, 1081 HV, Amsterdam, The Netherlands.  
Phone: +31 20 598 2823, Fax: +31 20 5986926, d.posthuma@vu.nl

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Includes **Supplementary Information**, **Supplementary Figures** 1 and 2 in separate pdf file, and **Supplementary Tables** 1-28 in separate excel file

1 **Abstract**

2 Insomnia is the second-most prevalent mental disorder, with no sufficient treatment available.  
3 Despite a substantial role of genetic factors, only a handful of genes have been implicated and  
4 insight into the associated neurobiological pathways remains limited. Here, we use an  
5 unprecedented large genetic association sample (N=1,331,010) to allow detection of a  
6 substantial number of genetic variants and gain insight into biological functions, cell types  
7 and tissues involved in insomnia complaints. We identify 202 genome-wide significant loci  
8 implicating 956 genes through positional, eQTL and chromatin interaction mapping. We  
9 show involvement of the axonal part of neurons, of specific cortical and subcortical tissues,  
10 and of two specific cell-types in insomnia: striatal medium spiny neurons and hypothalamic  
11 neurons. These cell-types have been implicated previously in the regulation of reward  
12 processing, sleep and arousal in animal studies, but have never been genetically linked to  
13 insomnia in humans. We found weak genetic correlations with other sleep-related traits, but  
14 strong genetic correlations with psychiatric and metabolic traits. Mendelian randomization  
15 identified causal effects of insomnia on specific psychiatric and metabolic traits. Our findings  
16 reveal key brain areas and cells implicated in the neurobiology of insomnia and its related  
17 disorders, and provide novel targets for treatment.

18 Insomnia is the second-most prevalent mental disorder<sup>1</sup>. One third of the general population  
19 reports insomnia complaints. The diagnostic criteria for Insomnia Disorder<sup>2</sup> (i.e. difficulties  
20 with initiating or maintaining sleep with accompanying daytime complaints at least three  
21 times a week for at least three months, which cannot be attributed to inadequate  
22 circumstances for sleep<sup>3</sup>) are met by 10%, up to one third in samples of older age<sup>4</sup>. Insomnia  
23 contributes significantly to the risk and severity of cardiovascular, metabolic, mood, and  
24 neurodegenerative disorders<sup>2</sup>. Despite evidence of a considerable genetic component  
25 (heritability 38-59%<sup>5</sup>), only a small number of genetic loci moderating the risk of insomnia  
26 have thus far been identified<sup>6,7</sup>. Recent genome-wide association studies<sup>6,7</sup> (GWAS) for  
27 insomnia complaints (N=113,006) demonstrated its polygenic architecture and implicated  
28 three genome-wide significant (GWS) loci and seven genes. A prominent role was reported  
29 for *MEIS1*, which showed pleiotropic effects for insomnia complaints and restless legs  
30 syndrome (RLS)<sup>7</sup>, yet the role of other genes was not unambiguously shown. We set out to  
31 substantially increase the sample size to allow the detection of more genetic risk variants for  
32 insomnia complaints, which may aid in understanding its neurobiological mechanisms. By  
33 combining data collected in the UK Biobank v2<sup>8</sup> (UKB; N=386,533) and 23andMe, Inc., a  
34 personal genetics company<sup>9,10</sup> (N=944,477), we obtained an unprecedented sample size of  
35 1,331,010 individuals. Insomnia complaints were measured using questionnaire data, and the  
36 specific questions were validated to be good proxies of insomnia disorder, using an  
37 independent sample (The Netherlands Sleep Register, NSR)<sup>11</sup> in which we had access to  
38 similar question data, as well as clinical interviews assessing insomnia disorder (see  
39 **Supplementary Methods 1.1-1.3**). We find 202 risk loci for insomnia, and extensive  
40 functional in silico analyses reveal the involvement of specific tissue and cell types, whereas  
41 secondary statistical analyses reveal causal effects of insomnia on metabolic and psychiatric  
42 traits.

### 43 **Meta-analysis yields 202 risk loci**

44 UKB assessed insomnia complaints (hereafter referred to as ‘insomnia’) using a touchscreen  
45 device while 23andMe research participants completed online surveys. Assessment of  
46 insomnia in both samples shows high accuracy (sensitivity=84-98%; specificity=80-96%) for  
47 Insomnia Disorder (see **Supplementary Methods 1.3**). The prevalence of insomnia in the  
48 UKBv2 sample was 28.3%, 30.5% in the 23andMe sample, and 29.3% in the combined  
49 sample, in keeping with previous estimates for people with advanced age in the UK<sup>4</sup> and  
50 elsewhere<sup>12,13</sup>. Older people dominate the UKB sample (mean age=56.7, SD=8.0) and the  
51 23andMe sample (two-thirds of the sample older than 45, one-third even older than 60 years  
52 of age). Prevalence was higher in females (34.6%) than males (24.5%), yielding an odds ratio  
53 (OR) of 1.6, close to the OR of 1.4 reported in a meta-analysis<sup>14</sup>.

54 Quality control was conducted separately per sample, following standardized, stringent  
55 protocols (see **Methods**). GWAS was run separately per sample (UKB; N=386,533,  
56 23andMe, Inc.; N=944,477) (**Extended Data Fig. 1**), and then meta-analyzed using  
57 METAL<sup>15</sup> by weighing SNP effects by sample size (see **Methods**). We first analyzed males  
58 and females separately (**Extended Data Fig. 2, 3**), and observed a high genetic correlation  
59 between the sexes ( $r_g=0.92$ , SE=0.02, **Extended Data Table 1**), indicating strong overlap of  
60 genetic effects. Owing to the large sample size, the  $r_g$  of 0.92 was significantly different from  
61 1 (one-sided Wald test,  $P=2.54\times 10^{-6}$ ) suggesting a small role for sex-specific genetic risk  
62 factors, consistent with our previous report<sup>7</sup>. However, since sex-specific effects were  
63 relatively small, we here focus on identifying genetic effects important in both sexes and  
64 continued with the combined sample (**Supplementary Table 1, 2** and **Supplementary**  
65 **Discussion 2.1** provide sex-specific results).

66 We observe significant polygenic signal in the GWAS (lambda inflation factor=1.808) which  
67 could not be ascribed to spurious association (LD Score intercept=1.075)<sup>16</sup> (**Extended Data**

68 **Fig. 4a**). Meta-analysis identified 11,990 genome-wide significant (GWS) SNPs ( $P < 5 \times 10^{-8}$ ),  
69 represented by 248 independent lead SNPs ( $r^2 < 0.1$ ), located in 202 genomic risk loci (**Fig.**  
70 **1a**, **Supplementary Fig. 1** and **Supplementary Table 3, 4**). All lead SNPs showed  
71 concordant signs of effect in both samples (**Extended Data Fig. 4b**). We confirm two  
72 (chr2:66,785,180 and chr5:135,393,752) out of six previously reported loci for insomnia<sup>6,7</sup>  
73 (**Supplementary Table 5**). Polygenic score (PGS) prediction in three randomly selected  
74 hold-out samples ( $N=3 \times 3,000$ ) estimated the current results to explain up to 2.6% of the  
75 variance in insomnia (**Fig. 1b**, **Extended Data Fig. 5** and **Supplementary Table 6**).

76 The SNP-based heritability ( $h^2_{SNP}$ ) was estimated at 7.0% (SE=0.002). Partitioning the  
77 heritability by functional categories of SNPs (see **Methods**) showed the strongest enrichment  
78 of  $h^2_{SNP}$  in conserved regions (enrichment=15.8,  $P=1.57 \times 10^{-14}$ ). In addition,  $h^2_{SNP}$  was  
79 enriched in common SNPs (MAF > 0.3) and depleted in more rare SNPs (MAF < 0.01; **Fig. 1c**  
80 and **Supplementary Table 7**).

81 We used FUMA<sup>17</sup> to functionally annotate all 22,068 SNPs in the risk loci that were in LD  
82 ( $r^2 \geq 0.6$ ) with one of the independent significant SNPs (see **Methods**). The majority of these  
83 SNPs (76.8%) were in open chromatin regions<sup>18</sup> as indicated by a minimum chromatin state  
84 of 1-7 (**Fig. 1d** and **Supplementary Table 8**). In line with findings for other traits<sup>7,19</sup>, about  
85 half of these SNPs were in intergenic (35.5%) or non-coding RNA (13.0%) regions (**Fig. 1e**),  
86 and of these, 0.72% were highly likely to have a regulatory function as indicated by a  
87 RegulomeDB Score < 2 (see **Methods**). However, of these 51.5% were located inside a  
88 protein coding gene and 0.81% were exonic. Of the 177 exonic SNPs, 71 were exonic non-  
89 synonymous (ExNS, **Supplementary Table 9**). *WDR90* included four ExNS (rs7190775,  
90 rs4984906, rs3752493, and rs3803697) all in high LD with the same independent significant  
91 SNP (rs3184470). There were two ExNS SNPs with extremely high Combined Annotation  
92 Dependent Depletion (CADD) scores<sup>20</sup> suggesting a strong deleterious effect on protein

93 function: rs13107325 in *SLC39A8* (locus 56,  $P=8.31\times 10^{-16}$ ) with the derived allele T  
94 (MAF=0.03) associated with an increased risk of insomnia, and rs35713889 in *LAMB2* (locus  
95 42,  $P=1.77\times 10^{-7}$ ), where the derived allele T of rs35713889 (MAF=0.11) was also associated  
96 with an increased risk of insomnia complaints. **Supplementary Table 10** and  
97 **Supplementary Discussion 2.2** provide a detailed overview of the functional impact of all  
98 variants in the genomic risk loci.

99

### 100 **Genes implicated in insomnia**

101 To obtain insight into (functional) consequences of individual GWS SNPs we used FUMA<sup>17</sup>  
102 to apply three strategies to map associated variants to genes (see **Methods**). Positional gene-  
103 mapping aligned SNPs to 412 genes by location. Expression Quantitative Trait Loci (eQTL)  
104 gene-mapping matched cis-eQTL SNPs to 594 genes whose expression levels they influence.  
105 Chromatin interaction mapping annotated SNPs to 159 genes based on three-dimensional  
106 DNA-DNA interactions between genomic regions of the GWS SNPs and nearby or distant  
107 genes (**Supplementary Fig. 2, Supplementary Table 11** and **Supplementary Discussion**  
108 **2.3**). 91 genes were mapped by all three strategies (**Supplementary Table 12**) and 336 genes  
109 were physically located outside of the risk loci but were implicated by eQTL associations  
110 (306 genes), chromatin interactions (16 genes) or both (14 genes). Several genes were  
111 implicated by GWS SNPs originating from two distinct risk loci on the same chromosome  
112 (**Fig. 2a** and **2b**): *MEIS1*, located on chromosome 2 in the strongest associated locus (locus  
113 20), was positionally mapped by 51 SNPs and mapped by chromatin interactions in 10 tissue  
114 types including cross-loci interactions from locus 21, and is a known gene involved in  
115 insomnia<sup>7</sup>. *LRGUK*, located on chromosome 7 in locus 106, was positionally mapped by 22  
116 SNPs and chromatin interactions in 3 tissue types including cross-loci interactions from locus  
117 105. *LRGUK* was also implicated by eQTLs associations of 125 SNPs in 14 general tissue

118 types. *LRGUK* was previously implicated in type 2 diabetes<sup>21</sup> and autism spectrum disorder<sup>22</sup>  
119 - disorders with prominent insomnia - but not yet directly implicated in sleep-related  
120 phenotypes, and is the most likely candidate to explain the observed association in loci 105  
121 and 106.

122 Apart from linking individual associated genetic variants to genes, we conducted a genome-  
123 wide gene-based association analysis (GWGAS) using MAGMA<sup>23</sup>. GWGAS provides  
124 aggregate association *P*-values based on all variants located in a gene, and complements the  
125 three FUMA mapping strategies (see **Methods**). GWGAS identified 517 associated genes  
126 (**Fig. 2c** and **Supplementary Table 13**). The top gene *BTBD9* ( $P=8.51\times 10^{-23}$ ) on  
127 chromosome 6 in locus 81 was also mapped by positional and eQTL mapping (tissue type:  
128 left ventricle of the heart), and is part of a pathway regulating circadian rhythms. *BTBD9* has  
129 been associated with RLS, periodic limb movement disorder<sup>24,25</sup> and Tourette Syndrome<sup>26</sup>.

130 Involvement in sleep regulation was shown in *Drosophila*<sup>27</sup>, and mouse mutants show  
131 fragmented sleep<sup>28</sup> and increased levels of dynamin 1<sup>29</sup>, a protein that mediates the increased  
132 sleep onset latency following pre-sleep arousal<sup>30</sup>.

133 Of the 517 MAGMA-based associated genes, 222 were outside of the GWAS risk loci, and  
134 309 were also mapped by FUMA. In total, 956 unique genes were mapped by at least one of  
135 the three FUMA gene mapping strategies or by MAGMA (**Extended Data Fig. 6**). Of these,  
136 *MEIS1*, *MED27*, *IPO7* and *ACBD4* confirmed previous results<sup>6,7</sup> (**Supplementary Table 14**).

137 Sixty-two genes were implicated by all four mapping strategies indicating that apart from a  
138 GWS gene-based *P*-value, there were (i) GWS SNPs located inside these genes, (ii) GWS  
139 SNPs associated with differential expression of these genes and (iii) GWS SNPs that were  
140 involved in genomic regions interacting with these genes. We note that genes that were  
141 indicated by positional mapping and GWS gene-based *P*-values, but not via eQTL or  
142 chromatin interaction mapping (N=54 genes), may be of equal importance, yet are more

143 likely to exert their influence on insomnia via structural changes in the gene products (i.e. at  
144 the protein level) and not via quantitative changes in the availability of the gene products.

145

#### 146 **Implicated pathways, tissues and cell-types**

147 To test whether GWS genes converged in functional gene-sets and pathways, we conducted  
148 gene-set analyses using MAGMA (see **Methods**). We tested associations of 7,473 gene-sets:  
149 7,246 sets derived from the MsigDB<sup>31</sup>, gene expression values from 54 tissues from the  
150 GTEx database<sup>32</sup>, and cell-specific gene expression in 173 types of brain cells (**Fig. 2d**,  
151 **Supplementary Table 15**). Competitive testing was used and a Bonferroni corrected  
152 threshold of  $P < 6.7 \times 10^{-6}$  ( $0.05/7,473$ ) to correct for multiple testing. Of the MsigDB gene-  
153 sets, three Gene Ontology (GO) gene-sets survived multiple testing: GO:*locomotory behavior*  
154 ( $P = 8.95 \times 10^{-7}$ ), GO:*behavior* ( $P = 5.23 \times 10^{-6}$ ), and GO:*axon part* ( $P = 4.25 \times 10^{-6}$ ). Twelve genes  
155 (*LRRK2*, *CRH*, *DLG4*, *DNMI*, *DRD1*, *DRD2*, *DRD4*, *GRIN1*, *NTSRI*, *SNCA*, *CNTN2*, and  
156 *CALBI*) were included in all of these gene-sets and two of these (*SNCA*, *DNMI*) had a GWS  
157 gene-based *P*-value (**Supplementary Table 16**). *SNCA* encodes alpha-synuclein and has  
158 been implicated in REM sleep behavior disorder<sup>33</sup> and Parkinson's disease<sup>34</sup>. Altered  
159 expression in mice changes sleep and wake EEG spectra<sup>35</sup> along the same dimensions that  
160 have been implicated in insomnia disorder<sup>36</sup>. *DNMI* encodes the synaptic neuronal protein  
161 dynamin 1, which is increased in *BTBD9* mutant mice<sup>29</sup> and mediates the sleep-disruptive  
162 effect of pre-sleep arousal (see above; *BTBD9* is the top associated gene). Conditional gene-  
163 set analyses suggested that the association with the gene-set *behavior* is almost completely  
164 explained by the association of *locomotory behavior*, and that the effect of *axon part* is  
165 independent of this (**Supplementary Discussion 2.4**). GO:*locomotory behavior* includes 175  
166 genes involved in stimulus-evoked movement<sup>37</sup>. This set included 16 GWS genes: *BTBD9*,  
167 *MEIS1*, *DABI*, *SNCA*, *GNAO1*, *ATP2B2*, *NEGR1*, *SLC4A10*, *GIP*, *DNMI*, *GPRC5B*, *GRM5*,



168 *NRG1*, *PARK2*, *TALI*, and *OXR1*). GO:*axon part* reflects a very general cellular component  
169 representing 219 genes, of which 14 were GWS (*KIF3B*, *SNCA*, *GRIA1*, *CDH8*, *ROBO2*,  
170 *DNMI*, *RANGAP1*, *GABBR1*, *P2RX3*, *NRG1*, *POLG*, *DAG1*, *NFASC*, and *CALB2*).

171 Tissue specific gene-set analyses showed strong enrichment of genetic signal in genes  
172 expressed in the brain. Correcting for overall expression, four specific brain tissues reached  
173 the threshold for significance: overall cerebral cortex ( $P=3.68\times 10^{-6}$ ), Brodmann area 9 (BA9)  
174 of frontal cortex ( $P=5.04\times 10^{-7}$ ), BA24 of the anterior cingulate cortex ( $P=3.25\times 10^{-6}$ ), and  
175 cerebellar hemisphere ( $P=5.93\times 10^{-6}$ )<sup>1</sup>. Several other brain tissues also showed strong  
176 enrichment just below threshold, including three striatal basal ganglia (BG) structures  
177 (nucleus accumbens, caudate nucleus, putamen). To test whether genes expressed in all three  
178 BG structures together would show significant enrichment of low *P*-values, we used the first  
179 principal component (BG<sub>PC</sub>) of these BG structures and found significant enrichment  
180 ( $P=8.33\times 10^{-8}$ ). When conditioning the three top cortical structures on the BG<sub>PC</sub>, they were no  
181 longer significantly associated after multiple testing correction (minimum  $P=0.03$ ), which  
182 was expected given that the BG<sub>PC</sub> correlated strongly with gene-expression in cortical (and  
183 other) areas ( $r>0.96$ ). Similar results were obtained vice versa, i.e. using the first principal  
184 component of all cortical areas and conditioning the three BG structures on this resulted in no  
185 evidence of enrichment of low *P*-values for BG structures (minimum  $P=0.53$ ). These results  
186 show that (i) genes expressed in brain are important in insomnia, (ii) genes expressed in  
187 cortical areas are more strongly associated than genes expressed in BG, (iii) there is a strong  
188 correlation between gene expression patterns across brain tissues, which suggests  
189 involvement of general cellular signatures more than specific brain tissue structures.

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<sup>1</sup> We caution that only a limited set of brain tissues were included and thus we cannot rule out associations with many important areas such as pons, midbrain or thalamus based on this analysis.

190 Brain cell type-specific gene-set analyses was first carried out on 24 broad cell-type  
191 categories. Cell type-specific gene expression was quantified using single cell RNA-  
192 sequencing of dissociated cells from somatosensory cortex, hippocampus, hypothalamus,  
193 striatum and midbrain from mouse (see **Methods**), which closely resembles gene-expression  
194 in humans<sup>38</sup>. Results indicated that genes expressed specifically in the medium spiny neurons  
195 (MSN,  $P=4.83\times 10^{-7}$ ) were associated with insomnia, and no other broad cell-types specific  
196 gene-set survived our strict threshold of  $P<6.7\times 10^{-6}$ . MSNs represent 95% of neurons within  
197 the human striatum, which is one of the four major nuclei of the subcortical BG. Specifically,  
198 the striatum consists of the ventral (nucleus accumbens and olfactory tubercle) and dorsal  
199 (caudate nucleus and putamen) subdivisions. The association with MSNs thus likely explains  
200 the observed association of the BG striatal structures (nucleus accumbens, caudate nucleus,  
201 putamen).

202 Using broad cell classes risks not detecting associations that are specific to distinctive yet rare  
203 cell types; to account for this we then tested 149 specific brain cell-type categories, and found  
204 significant associations with 7 specific cell types: medio-lateral neuroblasts type 3, 4 and 5  
205 ( $P=2.36\times 10^{-6}$ ,  $P=1.88\times 10^{-6}$ , and  $P=1.87\times 10^{-6}$ ), D2 type medium spiny neurons ( $P=2.12\times 10^{-6}$ ),  
206 claustrum pyramidal neurons ( $P=3.09\times 10^{-6}$ ), hypothalamic Vglut2 Morn4 Prrc2a neurons  
207 ( $P=4.36\times 10^{-6}$ ), and hypothalamic Vglut2 Hcn16430411 K18 Rik neurons ( $P=4.98\times 10^{-6}$ ),  
208 known to have the densest number of melatonin receptors. These results suggest a role of  
209 distinct mature and developing cell types in the midbrain and hypothalamus. The  
210 hypothalamus contains multiple nuclei that are key to the control of sleep and arousal,  
211 including the suprachiasmatic nucleus (SCN) that accommodates the biological clock of the  
212 brain<sup>39</sup>.

213

214

## 215 **Low genetic overlap with sleep traits**

216 Other sleep-related traits may easily be confounded with specific symptoms of insomnia, like  
217 early morning awakening, difficulties maintaining sleep, and daytime sleepiness. The most  
218 recent genome-wide studies for other sleep-related traits included 59,128 to 128,266  
219 individuals, and assessed genetic effects on morningness<sup>6,40,41</sup> (i.e. being a morning person),  
220 sleep duration<sup>6,41</sup>, and daytime sleepiness/dozing<sup>41</sup>. Using increased sample sizes for each of  
221 these sleep-related traits (max N=434,835), we here investigated to what extent insomnia and  
222 other sleep-related traits are genetically distinct or overlapping. We performed GWAS  
223 analyses for the following six sleep-related traits: morningness, sleep duration, ease of getting  
224 up in the morning, naps during the day, daytime dozing, and snoring (**Supplementary**  
225 **Methods 1.1-1.2, Extended Data Fig. 7, 9**). Of the 202 risk loci for insomnia, 39 were also  
226 GWS in at least one of the other sleep-related traits (**Fig. 3, Supplementary Table 17**). The  
227 strongest overlap in loci was found with sleep duration, with 14 out of 49 sleep duration loci  
228 overlapping with insomnia. Insomnia showed the highest genetic correlation with sleep  
229 duration ( $-0.47$ ,  $SE=0.02$ ; **Supplementary Table 18**) compared to other sleep-related traits,  
230 which was not surprising given that insomnia also shared the most risk loci with sleep  
231 duration (See further discussion sleep phenotypes in **Supplementary Discussion 2.5**).

232 Gene-mapping of SNP associations of sleep-related traits resulted in 973 unique genes  
233 (**Extended Data Fig. 9, Supplementary Table 19-23**). Gene-based analysis showed that of  
234 the 517 GWS genes for insomnia, 120 were GWS in at least one of the other sleep-related  
235 traits, and one gene (*RBFox1*) was GWS in all except napping and dozing (**Supplementary**  
236 **Table 24**). The largest proportion of overlap in GWS genes for insomnia was again with  
237 sleep duration, with 37 of the 135 (27%) GWS genes for sleep duration also GWS for  
238 insomnia. There was overlap in tissue enrichment in cortical structures and basal ganglia  
239 between insomnia and both morningness and sleep duration. On the single cell level, the

240 medium spiny neurons were also implicated for morningness and sleep duration, but not for  
241 the other sleep-related traits (**Supplementary Table 25**). Taken together, these results  
242 suggest that at a genetic level, insomnia shows partial overlap with sleep duration, but  
243 minimal overlap with other sleep-related traits. Consistent short sleep across nights occurs  
244 only in a minor part of insomnia patients, even in a clinical sample<sup>42</sup>.

245

#### 246 **Strong overlap between insomnia and psychiatric and metabolic traits**

247 We confirm previously reported genetic correlations between insomnia and neuropsychiatric  
248 and metabolic traits<sup>6,7</sup> (**Supplementary Table 26**), and also identify several GWS SNPs for  
249 insomnia that have previously been associated with these traits (**Supplementary Table 27**).

250 The strongest correlations were with depressive symptoms ( $r_g=0.64$ ,  $SE=0.04$   $P=1.21\times 10^{-71}$ ),  
251 followed by anxiety disorder ( $r_g=0.56$ ,  $SE=0.11$   $P=1.40\times 10^{-7}$ ), subjective well-being  
252 ( $r_g=-0.51$ ,  $SE=0.03$   $P=4.93\times 10^{-52}$ ), major depression ( $r_g=0.50$ ,  $SE=0.07$   $P=8.08\times 10^{-12}$ ) and

253 neuroticism ( $r_g=0.48$ ,  $SE=0.02$   $P=8.72\times 10^{-80}$ ). Genetic correlations with metabolic traits  
254 ranged between 0.09-0.20. The genetic correlations between insomnia and psychiatric traits  
255 were also stronger than the correlations between insomnia and the other sleep-related traits.

256 Since a similar high reliability has been reported for both sleep and psychiatric phenotypes,  
257 the findings suggest that genetically insomnia more closely resembles neuropsychiatric traits  
258 than it resembles other sleep-related traits (**Fig. 4**). To infer directional associations between

259 insomnia and these correlated traits, we performed bidirectional Multi-SNP Mendelian  
260 Randomization (MR) analysis<sup>43</sup> (see **Methods**). Results support a direct risk effect of  
261 insomnia on metabolic syndrome phenotypes including BMI ( $b_{xy}=0.36$ ,  $SE=0.05$ ,

262  $P=1.25\times 10^{-12}$ ) type 2 diabetes ( $b_{xy}=0.62$ ,  $SE=0.11$ ,  $P=2.29\times 10^{-8}$ ), and coronary artery disease  
263 ( $b_{xy}=0.61$ ,  $SE=0.09$ ,  $P=2.88\times 10^{-12}$ ). In addition, insomnia was bidirectionally associated with

264 educational attainment, with a stronger effect from insomnia on educational attainment

265 ( $b_{xy}=-0.32$ ,  $SE=0.02$ ,  $P=1.68\times 10^{-77}$ ) (i.e. a higher risk for insomnia leads to lower  
266 educational attainment) than vice versa ( $b_{xy}=-0.10$ ,  $SE=0.01$ ,  $P=2.27\times 10^{-23}$ ), the same pattern  
267 was observed for intelligence. We also found risk effects of insomnia on several psychiatric  
268 traits, including schizophrenia ( $b_{xy}=0.68$ ,  $SE=0.10$ ,  $P=5.12\times 10^{-11}$ ), ADHD ( $b_{xy}=0.77$ ,  
269  $SE=0.06$ ,  $P=2.50\times 10^{-45}$ ), neuroticism ( $b_{xy}=0.46$ ,  $SE=0.03$ ,  $P=3.92\times 10^{-53}$ ) and anxiety disorder  
270 ( $b_{xy}=0.47$ ,  $SE=0.10$ ,  $P=4.11\times 10^{-6}$ ), with no evidence of large reverse effects, except for a  
271 small risk effect of neuroticism on insomnia ( $b_{xy}=0.09$ ,  $SE=0.02$ ,  $P=1.24\times 10^{-6}$ ) and  
272 depressive symptoms ( $b_{xy}=0.09$ ,  $SE=0.02$ ,  $P=1.24\times 10^{-6}$ )<sup>2</sup>. Overall, there was only a small  
273 proportion of SNPs showing pleiotropy between insomnia and other traits (**Supplementary**  
274 **Table 28** and **Supplementary Discussion 2.6**).

275

## 276 Discussion

277 In the largest GWAS study to date of 1,331,010 participants we identified 202 genomic risk  
278 loci for insomnia. Using extensive functional annotation of associated genetic variants, we  
279 demonstrated that the genetic component of insomnia points towards a role of genes involved  
280 in locomotory behavior, and genes expressed in specific cell types from the claustrum,  
281 hypothalamus and striatum, and specifically in MSNs (**Fig. 5**). MSNs are GABAergic  
282 inhibitory cells and represent 95% of neurons in the human striatum, one of the four major  
283 nuclei of the BG (for reviews, see <sup>44-46</sup>). MSNs receive massive excitatory glutamatergic  
284 input from the cerebral cortex and the thalamus, and are targets of dopamine neurons in  
285 substantia nigra and the ventral tegmental area. In addition, they receive inhibitory inputs  
286 from striatal GABAergic interneurons. MSNs themselves are GABAergic output neurons  
287 with exceptionally long projections to globus pallidus (GP), substantia nigra and ventral

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<sup>2</sup> We do note that for major depression the reverse MR could not be carried out due to an insufficient number of SNPs with a low  $P$ -value

288 pallidum, and control the activity of thalamocortical neurons. Previous studies during the  
289 natural sleep-wake cycle, *in vitro*, and from anesthetized *in vivo* preparations have shown that  
290 MSNs show fast, synchronized cyclic firing, i.e. the so-called Up and Down states, during  
291 slow-wave sleep and irregular pattern of action potentials during wakefulness. In fact, MSNs  
292 were the first neurons in which the Up and Down states characteristic of slow wave sleep  
293 were described<sup>47</sup>. Cell body-specific striatal lesions of the rostral striatum induce a profound  
294 sleep fragmentation, which is most characteristic of insomnia. A role for BG in sleep  
295 regulation is also suggested by the high prevalence of insomnia in neurodegenerative  
296 disorders, such as Parkinson's Disease and Huntington's disease in which the BG are  
297 affected. Vetrivelan et al.<sup>44</sup> proposes a cortex-striatum-GP<sub>external</sub>-cortex network involved in  
298 the control of sleep-wake behavior and cortical activation, in which midbrain dopamine  
299 disinhibits the GP<sub>external</sub> and promotes sleep through activation of D2 receptors in this  
300 network. Furthermore, brain imaging studies have suggested the caudate nucleus of the  
301 striatum as a key node in the neuronal network imbalance of insomnia<sup>48</sup>, and also reported  
302 abnormal function in the cortical areas we found to be most enriched (BA9<sup>49</sup>, BA24<sup>50</sup>). Our  
303 results support the involvement of the striato-cortical network in insomnia, by showing  
304 enrichment of risk genes for insomnia in cortical areas as well as the striatum, and  
305 specifically in MSNs. We recently showed that, along with several other cell types, MSNs  
306 also mediate the risk for mood disorders<sup>51</sup> and schizophrenia<sup>38</sup>. MSNs are strongly implicated  
307 in reward processing and future work could address whether the genetic overlap between  
308 insomnia and mood disorders is mediated by gene function in MSNs.

309 Our results also showed enrichment of insomnia genes in pyramidal neurons of the claustrum.  
310 This subcortical brain region is structurally closely associated with the amygdala and has  
311 been implicated in salience coding of incoming stimuli and binding of multisensory  
312 information into conscious percepts<sup>52</sup>. These functions are highly relevant to insomnia,

313 because the disorder is characterized by increased processing of incoming stimuli<sup>53</sup> and by  
314 ongoing consciousness even during sleep, a phenomenon known as sleep state  
315 misperception<sup>54</sup>. We also found enrichment of insomnia genes in mediolateral neuroblasts  
316 from the embryonic midbrain and in two hypothalamic cell types. The role of the  
317 mediolateral neuroblasts is less clear; although they were obtained from the embryonic  
318 midbrain, it is at present unknown what type of mature neurons they differentiate into. We  
319 note that the midbrain is similar on a bulk transcriptomic level to the pons<sup>55</sup>, and lacking cells  
320 from that region we cannot conclusively say that midbrain cell-types are enriched.

321 The current findings provide novel insight into the causal mechanism of insomnia,  
322 implicating specific cell types, brain areas and biological functions. These findings are  
323 starting points for the development of new therapeutic targets for insomnia and may also  
324 provide valuable insights for other, genetically related disorders.

325 **Methods:**

326 **Meta-analysis**

327 A meta-analysis on the GWAS results of insomnia and morningness in UKB and 23andMe  
328 cohorts was performed using fixed-effects meta-analysis METAL<sup>15</sup>, using SNP *P*-values  
329 weighted by sample size. To investigate sex-specific genetic effects, we ran the meta-analysis  
330 between UKB and 23andMe datasets for males and females separately.

331

332 **Genomic risk loci definition**

333 We used FUMA<sup>17</sup> (<http://fuma.ctglab.nl/>), an online platform for functional mapping and  
334 annotation of genetic variants, to define genomic risk loci and obtain functional information  
335 of relevant SNPs in these loci. FUMA provides comprehensive annotation information by  
336 combining several external data sources. We first identified *independent significant SNPs* that  
337 have a genome-wide significant *P*-value ( $<5 \times 10^{-8}$ ) and are independent from each other at  
338  $r^2 < 0.6$ . These SNPs were further represented by *lead SNPs*, which are a subset of the  
339 independent significant SNPs that are in approximate linkage equilibrium with each other at  
340  $r^2 < 0.1$ . We then defined associated *genomic risk loci* by merging any physically overlapping  
341 lead SNPs (linkage disequilibrium [LD] blocks  $< 250$ kb apart). Borders of the genomic risk  
342 loci were defined by identifying all SNPs in LD ( $r^2 \geq 0.6$ ) with one of the independent  
343 significant SNPs in the locus, and the region containing all these *candidate SNPs* was  
344 considered to be a single independent genomic risk locus. LD information was calculated  
345 using the UK Biobank genotype data as a reference. Risk loci were defined based on  
346 evidence from independent significant SNPs that were available in both 23andMe and UKB.  
347 We note that SNPs that were GWS but only available in the 23andMe dataset were not  
348 included when defining genomic risk loci and were not included in any follow-up annotations  
349 or analyses, because there was no external replication in the UKB sample. If such SNPs were



350 located in a risk locus, they are displayed in Locuszoom plots (grey, as there is no LD  
351 information in UKB). When risk loci contained GWS SNPs based solely on 23andMe, we did  
352 not count that risk locus, as there were no other SNPs available in both samples that  
353 supported these GWS SNPs.

354

### 355 **Gene-based analysis**

356 SNP-based *P*-values from the meta-analysis were used as input for the gene-based genome-  
357 wide association analysis (GWGAS). 18,182 to 18,185 protein-coding genes (each containing  
358 at least one SNP in the GWAS, the total number of tested genes can thus be slightly different  
359 across phenotypes) from the NCBI 37.3 gene definitions were used as basis for GWGAS in  
360 MAGMA<sup>23</sup>. Bonferroni correction was applied to correct for multiple testing ( $P < 2.73 \times 10^{-6}$ ).

361

### 362 **Gene-set analysis**

363 Results from the GWGAS analyses were used to test for association in three types of 7,473  
364 predefined gene-sets:

- 365 1. 7,246 curated gene-sets representing known biological and metabolic pathways  
366 derived from 9 data resources, catalogued by and obtained from the MsigDB version  
367 6.0<sup>56</sup> (<http://software.broadinstitute.org/gsea/msigdb/collections.jsp>)
- 368 2. Gene expression values from 54 (53 + 1 calculated 1<sup>st</sup> PC of three tissue subtypes)  
369 tissues obtained from GTEx<sup>32</sup>, log2 transformed with pseudocount 1 after  
370 winsorization at 50 and averaged per tissue
- 371 3. Cell-type specific expression in 173 types of brain cells (24 broad categories of cell  
372 types, 'level 1' and 129 specific categories of cell types 'level 2'), which were  
373 calculated following the method described in<sup>38</sup>. Briefly, brain cell-type expression  
374 data was drawn from single-cell RNA sequencing data from mouse brains. For each

375 gene, the value for each cell-type was calculated by dividing the mean Unique  
376 Molecular Identifier (UMI) counts for the given cell type by the summed mean UMI  
377 counts across all cell types. Single-cell gene-sets were derived by grouping genes into  
378 40 equal bins based on specificity of expression. Mouse cell gene-expression was  
379 shown to closely approximate gene-expression in post-mortem human tissue<sup>38</sup>.

380 These gene-sets were tested using MAGMA. We computed competitive *P*-values, which  
381 represent the test of association for a specific gene-set compared with genes not in the gene-  
382 set to correct for baseline level of genetic association in the data<sup>57</sup>. The Bonferroni-corrected  
383 significance threshold was  $0.05/7,473 \text{ gene-sets} = 6.7 \times 10^{-6}$ . Conditional analyses were  
384 performed as a follow-up using MAGMA to test whether each significant association  
385 observed was independent of all others. The association between each gene-set in each of the  
386 three categories was tested conditional on the most strongly associated set, and then, if any  
387 substantial ( $P < 0.05/\text{number of gene-sets}$ ) associations remained, by conditioning on the first  
388 and second most strongly associated set, and so on until no associations remained. Gene-sets  
389 that retained their association after correcting for other sets were considered to represent  
390 independent signals. We note that this is not a test of association per se, but rather a strategy  
391 to identify, among gene-sets with known significant associations and overlap in genes, which  
392 set (s) are responsible for driving the observed association.

393

#### 394 **SNP-based heritability and genetic correlation**

395 LD Score regression<sup>16</sup> was used to estimate genomic inflation and SNP-based heritability of  
396 the phenotypes, and to estimate the cross-cohort genetic correlations. Pre-calculated LD  
397 scores from the 1000 Genomes European reference population were obtained from  
398 <https://data.broadinstitute.org/alkesgroup/LDSCORE/>.

399

#### 400 **Genetic correlations**

401 Genetic correlations between sleep-related traits, and between sleep-related traits and  
402 previously published GWAS studies of sufficient sample size were calculated using LD Score  
403 regression on HapMap3 SNPs only. Genetic correlations were corrected for multiple testing  
404 based on the total number of correlations (between 6 sleep-related phenotypes and 27  
405 previous GWAS studies) by applying a Bonferroni corrected threshold of  
406 ( $P < 0.05/33 = 1.51 \times 10^{-3}$ ).

407

#### 408 **Stratified heritability**

409 To test whether specific categories of SNP annotations were enriched for heritability, we  
410 partitioned SNP heritability for binary annotations using stratified LD score regression<sup>58</sup>.  
411 Heritability enrichment was calculated as the proportion of heritability explained by a SNP  
412 category divided by the proportion of SNPs that are in that category. Partitioned heritability  
413 was computed by 28 functional annotation categories, by minor allele frequency (MAF) in  
414 six percentile bins and by 22 chromosomes. Annotations for binary categories of functional  
415 genomic characteristics (e.g. coding or regulatory regions) were obtained from the LD score  
416 website (<https://github.com/bulik/ldsc>). The Bonferroni-corrected significance threshold for  
417 56 annotations was set at:  $P < 0.05/56 = 8.93 \times 10^{-4}$ .

418

#### 419 **Functional annotation of SNPs**

420 Functional annotation of SNPs implicated in the meta-analysis was performed using  
421 FUMA<sup>17</sup>. We selected all candidate SNPs in genomic risk loci having an  $r^2 \geq 0.6$  with one of  
422 the independent significant SNPs (see above), a  $P$ -value ( $P < 1 \times 10^{-5}$ ), a  $MAF > 0.0001$  for  
423 annotations, and availability in both UKB and 23andMe datasets. Functional consequences

424 for these SNPs were obtained by matching SNPs' chromosome, base-pair position, and  
425 reference and alternate alleles to databases containing known functional annotations,  
426 including ANNOVAR<sup>59</sup> categories, Combined Annotation Dependent Depletion (CADD)  
427 scores, RegulomeDB<sup>20</sup> (RDB) scores, and chromatin states<sup>60</sup>. ANNOVAR categories identify  
428 the SNP's genic position (e.g. intron, exon, intergenic) and associated function. CADD scores  
429 predict how deleterious the effect of a SNP is likely to be for a protein structure/function,  
430 with higher scores referring to higher deleteriousness. A CADD score above 12.37 is  
431 considered to be potentially pathogenic<sup>20</sup>. The RegulomeDB score is a categorical score  
432 based on information from expression quantitative trait loci (eQTLs) and chromatin marks,  
433 ranging from 1a to 7 with lower scores indicating an increased likelihood of having a  
434 regulatory function. Scores are as follows: 1a=eQTL + Transcription Factor (TF) binding +  
435 matched TF motif + matched DNase Footprint + DNase peak; 1b=eQTL + TF binding + any  
436 motif + DNase Footprint + DNase peak; 1c=eQTL + TF binding + matched TF motif +  
437 DNase peak; 1d=eQTL + TF binding + any motif + DNase peak; 1e=eQTL + TF binding +  
438 matched TF motif; 1f=eQTL + TF binding / DNase peak; 2a=TF binding + matched TF motif  
439 + matched DNase Footprint + DNase peak; 2b=TF binding + any motif + DNase Footprint +  
440 DNase peak; 2c=TF binding + matched TF motif + DNase peak; 3a=TF binding + any motif  
441 + DNase peak; 3b=TF binding + matched TF motif; 4=TF binding + DNase peak; 5=TF  
442 binding or DNase peak; 6=other;7=Not available. The chromatin state represents the  
443 accessibility of genomic regions (every 200bp) with 15 categorical states predicted by a  
444 hidden Markov model based on 5 chromatin marks for 127 epigenomes in the Roadmap  
445 Epigenomics Project<sup>61</sup>. A lower state indicates higher accessibility, with states 1-7 referring  
446 to open chromatin states. We annotated the minimum chromatin state across tissues to SNPs.  
447 The 15-core chromatin states as suggested by Roadmap are as follows: 1=Active  
448 Transcription Start Site (TSS); 2=Flanking Active TSS; 3=Transcription at gene 5' and 3';

449 4=Strong transcription; 5= Weak Transcription; 6=Genic enhancers; 7=Enhancers; 8=Zinc  
450 finger genes & repeats; 9=Heterochromatic; 10=Bivalent/Poised TSS; 11=Flanking  
451 Bivalent/Poised TSS/Enh; 12=Bivalent Enhancer; 13=Repressed PolyComb; 14=Weak  
452 Repressed PolyComb; 15=Quiescent/Low.

453

#### 454 **Gene-mapping**

455 Genome-wide significant loci obtained by GWAS were mapped to genes in FUMA<sup>17</sup> using  
456 three strategies:

457 1. Positional mapping maps SNPs to genes based on physical distance (within a 10kb  
458 window) from known protein coding genes in the human reference assembly  
459 (GRCh37/hg19).

460 2. eQTL mapping maps SNPs to genes with which they show a significant eQTL association  
461 (i.e. allelic variation at the SNP is associated with the expression level of that gene). eQTL  
462 mapping uses information from 45 tissue types in 3 data repositories (GTEx<sup>32</sup>, Blood eQTL  
463 browser<sup>60</sup>, BIOS QTL browser<sup>62</sup>), and is based on cis-eQTLs which can map SNPs to genes  
464 up to 1Mb apart. We used a false discovery rate (FDR) of 0.05 to define significant eQTL  
465 associations.

466 3. Chromatin interaction mapping was performed to map SNPs to genes when there is a  
467 three-dimensional DNA-DNA interaction between the SNP region and another gene region.  
468 Chromatin interaction mapping can involve long-range interactions as it does not have a  
469 distance boundary. FUMA currently contains Hi-C data of 14 tissue types from the study of  
470 Schmitt et al<sup>63</sup>. Since chromatin interactions are often defined in a certain resolution, such as  
471 40kb, an interacting region can span multiple genes. If a SNP is located in a region that  
472 interacts with a region containing multiple genes, it will be mapped to each of those genes.  
473 To further prioritize candidate genes, we selected only interaction-mapped genes in which

474 one region involved in the interaction overlaps with a predicted enhancer region in any of the  
475 111 tissue/cell types from the Roadmap Epigenomics Project<sup>61</sup>, and the other region is  
476 located in a gene promoter region (250bp up and 500bp downstream of the transcription start  
477 site and also predicted by Roadmap to be a promoter region). This method reduces the  
478 number of genes mapped but increases the likelihood that those identified will indeed have a  
479 plausible biological function. We used a  $P\text{-FDR} < 1 \times 10^{-5}$  to define significant interactions,  
480 based on previous recommendations<sup>63</sup>, modified to account for the differences in cell lines  
481 used here.

482

### 483 **GWAS catalog lookup**

484 We used FUMA to identify SNPs with previously reported ( $P < 5 \times 10^{-5}$ ) phenotypic  
485 associations in published GWAS listed in the NHGRI-EBI catalog<sup>64</sup>, which matched with  
486 SNPs in LD with one of the independent significant SNPs identified in the meta-analysis.

487

### 488 **Polygenic risk scoring**

489 To calculate the explained variance in insomnia by our GWAS results, we calculated  
490 polygenic scores (PGS) based on the SNP effect sizes in the meta-analysis. The PGS were  
491 calculated using two methods: LDpred<sup>65</sup> and PRSice<sup>66</sup>, a script for calculating  $P$ -value  
492 thresholded PGS in PLINK. PGS were calculated using a leave-one-out method, where  
493 summary statistics were recalculated each time with one sample of  $N=3,000$  from UKB  
494 excluded from the analysis. This sample was then used as a target sample for estimating the  
495 explained variance in insomnia by the PGS.

496

### 497 **Mendelian Randomization**

498 To investigate causal associations between insomnia and genetically correlated traits, we  
499 analyzed direction of effects using Generalized Summary-data based Mendelian  
500 Randomization (GSMR<sup>43</sup>; <http://cnsgenomics.com/software/gsmr/>). This method uses effect  
501 sizes from GWAS summary statistics (standardized betas or log-transformed odds ratios) to  
502 infer causality of effects between two traits based on genome-wide significant SNPs. Built-in  
503 HEIDI outlier detection was applied to remove SNPs with pleiotropic effects on both traits,  
504 as these may bias the results. We tested for causal associations between insomnia and traits  
505 that were significantly genetically correlated with insomnia ( $b_{zx}$ ). In addition, we tested for  
506 bi-directional associations by using other traits as the determinant and insomnia as the  
507 outcome ( $b_{zy}$ ). We selected independent ( $r^2 < 0.1$ ) lead SNPs with a GWS  $P$ -value ( $< 5 \times 10^{-8}$ ) as  
508 instrumental variables in the analyses. For traits with less than 10 lead SNPs (i.e. the  
509 minimum number of SNPs on which GSMR can perform a reliable analysis) we selected  
510 independent SNPs ( $r^2 < 0.1$ ), with a  $P$ -value  $< 1 \times 10^{-5}$ . If the outcome trait is binary, the  
511 estimated  $b_{zx}$  and  $b_{zy}$  are approximately equal to the natural log of the odds ratio (OR). An OR  
512 of 2 can be interpreted as a doubled risk compared to the population prevalence of a binary  
513 trait for every SD increase in the exposure trait. For quantitative traits, the  $b_{zx}$  and  $b_{zy}$  can be  
514 interpreted as a one standard deviation increase explained in the outcome trait for every SD  
515 increase in the exposure trait.

516

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685

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687 the pre- and post gwas analysis pipeline. P.R.J. and K.W. performed the analyses. S.St.  
688 performed quality control on the UK Biobank data and wrote the analysis pipeline. K.W.  
689 wrote the online platform (FUMA) that was used for follow-up analyses. C.d.L conducted  
690 conditional gene-set analyses. J.B., N.S., A.M.M. and J.H.L contributed scRNA information.  
691 J.T., D.H., V.V. and the 23andMe Research Team contributed and analyzed the 23andMe

692 cohort data. D.P., E.J.W.V.S. and P.R.J. wrote the paper. All authors discussed the results,  
693 and approved the final version of the paper.

694

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697 application number 16406. Our policy is to make genome-wide summary statistics (sumstats)  
698 publicly available. Sumstats from the GWAS's conducted are available for download at  
699 <https://ctg.cncr.nl/>. Note that our freely available meta-analytic sumstats (insomnia and  
700 morningness) concern results excluding the 23andMe sample. This is a non-negotiable clause  
701 in the 23andMe data transfer agreement, intended to protect the privacy of the 23andMe  
702 research participants. To fully recreate our meta-analytic results for insomnia and  
703 morningness: (a) obtain insomnia and morningness sumstats from 23andMe (see below); (b)  
704 conduct a meta-analysis of our sumstats with the 23andMe sumstats. 23andMe participant  
705 data are shared according to community standards that have been developed to protect against  
706 breaches of privacy. Currently, these standards allow for the sharing of summary statistics for  
707 at most 10,000 SNPs. The full set of summary statistics can be made available to qualified  
708 investigators who enter into an agreement with 23andMe that protects participant  
709 confidentiality. Interested investigators should email [dataset-request@23andme.com](mailto:dataset-request@23andme.com) for more  
710 information.

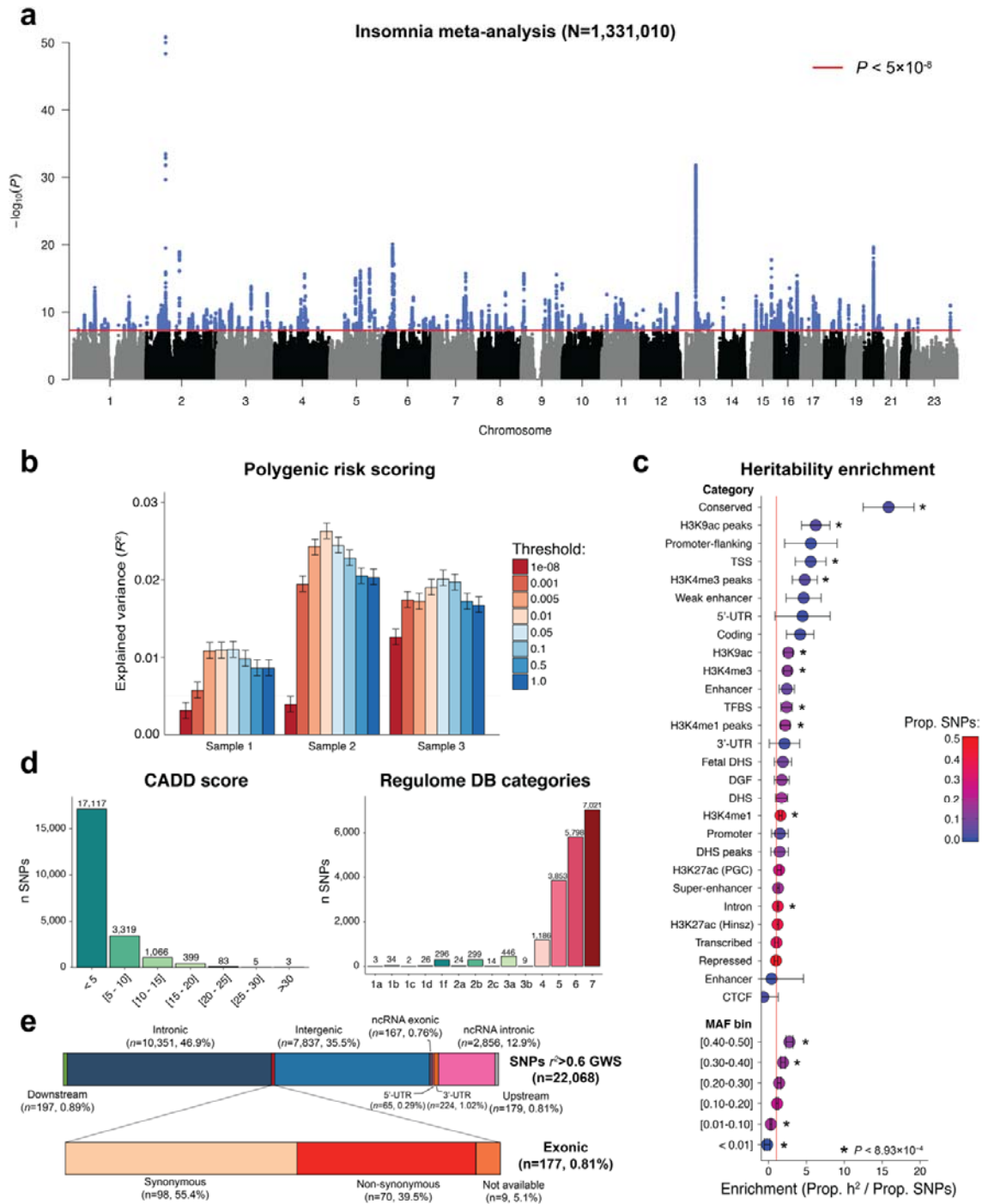
711

712 **Author Information:** V.V., D.H., and J.T. are employees of 23andMe. All other authors  
713 declare no competing financial interest. Correspondence and requests for materials should be  
714 addressed to [d.posthuma@vu.nl](mailto:d.posthuma@vu.nl).

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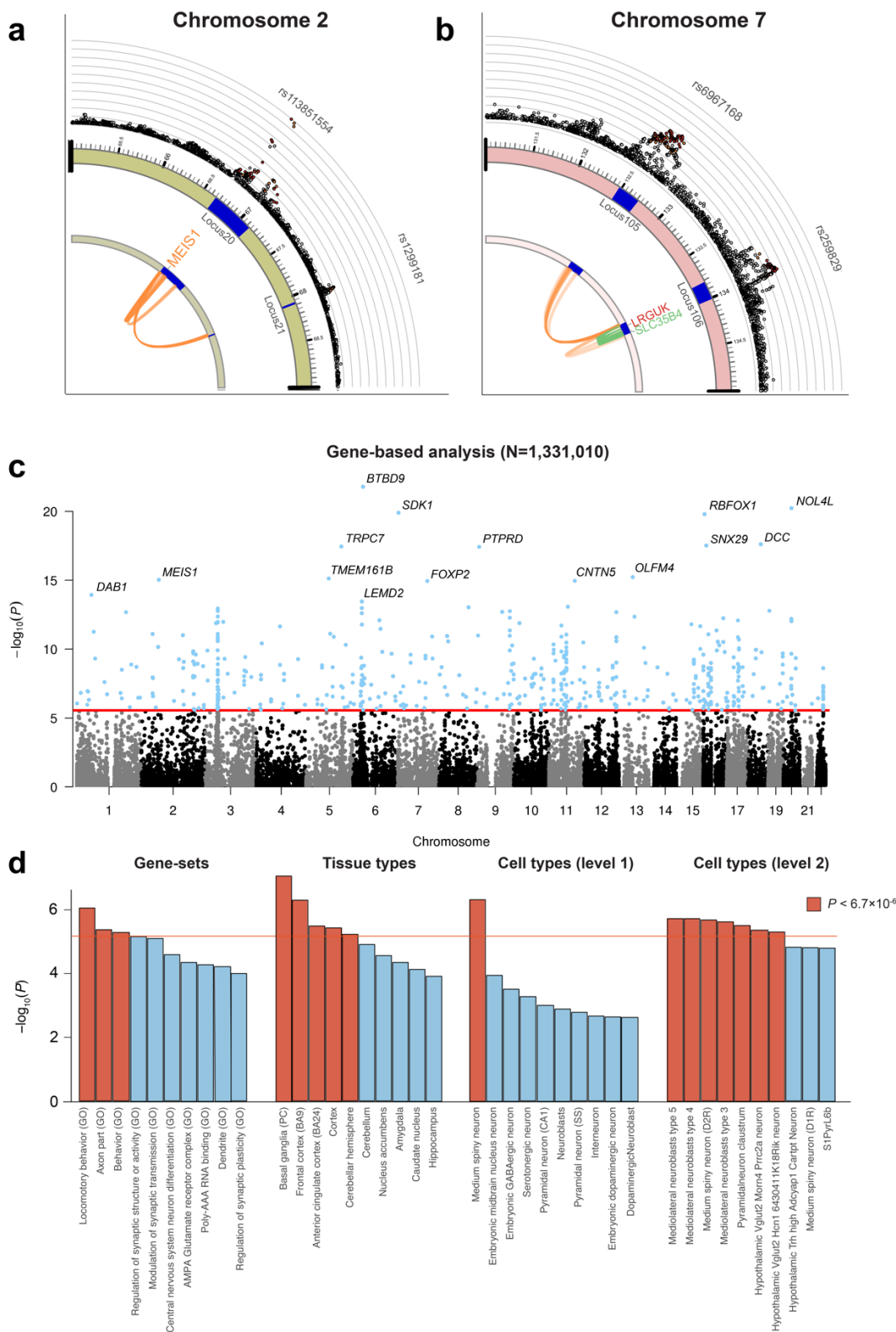
716 FIGURES

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720 **Fig. 1a-e. SNP-based results from the GWAS meta-analysis on insomnia (N=1,331,010).** (a)  
721 Manhattan plot of the GWAS of insomnia, showing the  $-\log_{10}$ -transformed  $P$ -value for each SNP (b)  
722 Heritability enrichment for functional SNP categories and minor allele frequency bins (MAF).  
723 Enrichment was calculated by dividing the proportion of heritability for each category by the  
724 proportion of SNPs in that category, significant enrichments after Bonferroni correction (28 functional  
725 categories + 6 MAF bins + 22 chromosomes) are indicated by an asterisk ( $P < 0.05/56 = 8.93 \times 10^{-4}$ ) (c)  
726 Polygenic score (PGS) prediction in three hold-out samples (N=3,000), showing the increase in  
727 explained variance in insomnia (Nagelkerke's pseudo  $R^2$ ) and 95% confidence interval for each  $P$ -  
728 value threshold. All  $P$ -value thresholds were statistically significant. (d) Distribution of CADD scores  
729 and RegulomeDB category of all annotated SNPs in LD ( $r^2 \geq 0.6$ ) with one of the GWS SNPs  
730 ( $n=22,068$ ) and (e) functional consequences of these SNPs.  
731

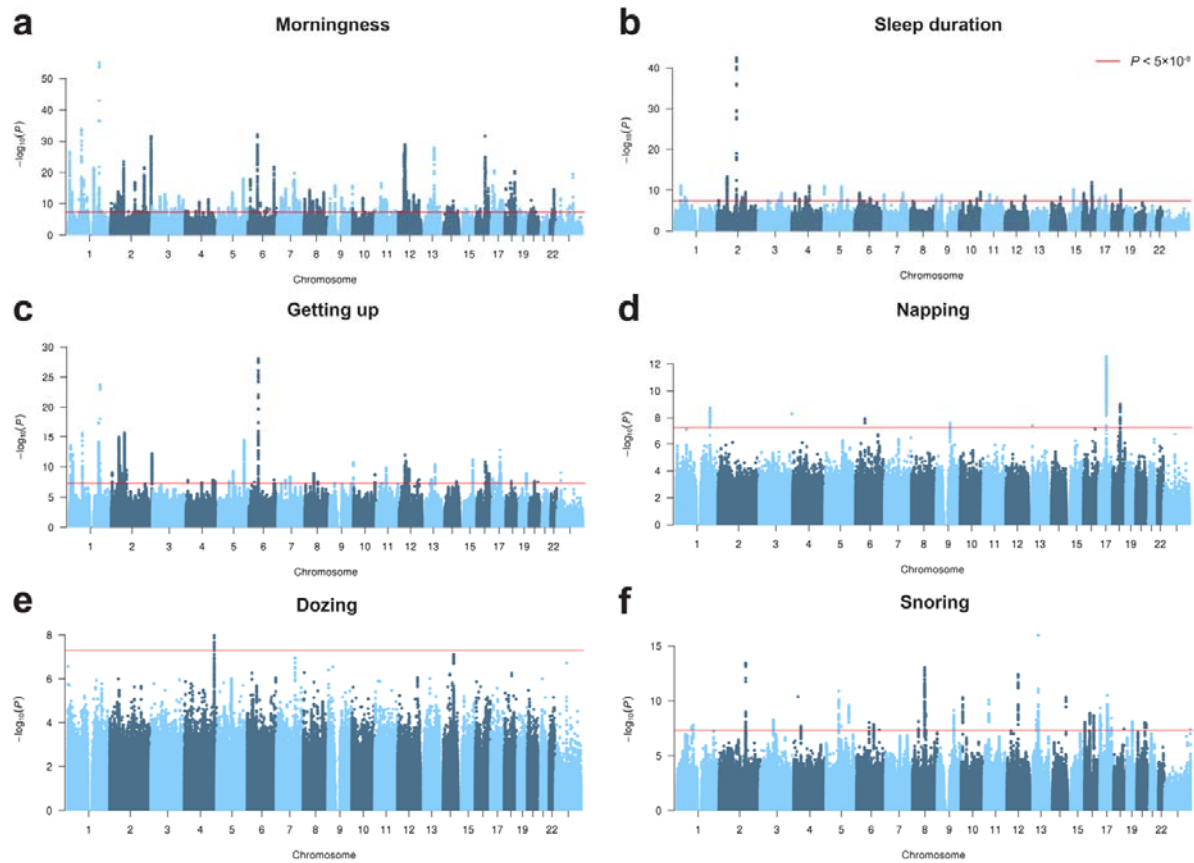


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734 **Fig. 2a-d. Gene-based and gene-set analyses of insomnia.** Zoomed-in circo plots showing genes  
735 implicated by two genomic risk loci on chromosome 2 **(a)** and chromosome 7 **(b)**, genomic risk loci  
736 indicated as blue areas, eQTL associations in green, chromatin interactions in orange. Genes mapped  
737 by both eQTL and chromatin interactions are red. The outer layer shows a Manhattan plot  
738 containing the negative log<sub>10</sub>-transformed *P*-value of each SNP in the GWAS meta-analysis of  
739 insomnia. Full circo plots of all autosomal chromosomes are provided in **Supplementary Fig. 2.** **(c)**  
740 Genome-wide gene-based analysis (GWAS) of 18,185 genes that were tested for association with  
741 insomnia in MAGMA. The y-axis shows the negative log<sub>10</sub>-transformed *P*-value of the gene-based  
742 test, the x-axis shows the starting position on the chromosome. The red line indicates the Bonferroni  
743 corrected threshold for genome-wide significance ( $P=0.05/18,185=2.75\times 10^{-6}$ ). The top 15 most  
744 significant genes are highlighted. **(d)** Gene-set analysis of top 20 for each of the MsigDB pathways,  
745 tissue expression of GTEx tissue types, and cell types from single-cell RNA sequencing. Gene-set  
746 analyses were performed using MAGMA. The red line shows the Bonferroni significance threshold  
747 ( $P<0.05/7,473=6.7\times 10^{-6}$ ), correcting for the total number of tested gene-sets. Red bars indicated  
748 significant gene-sets.

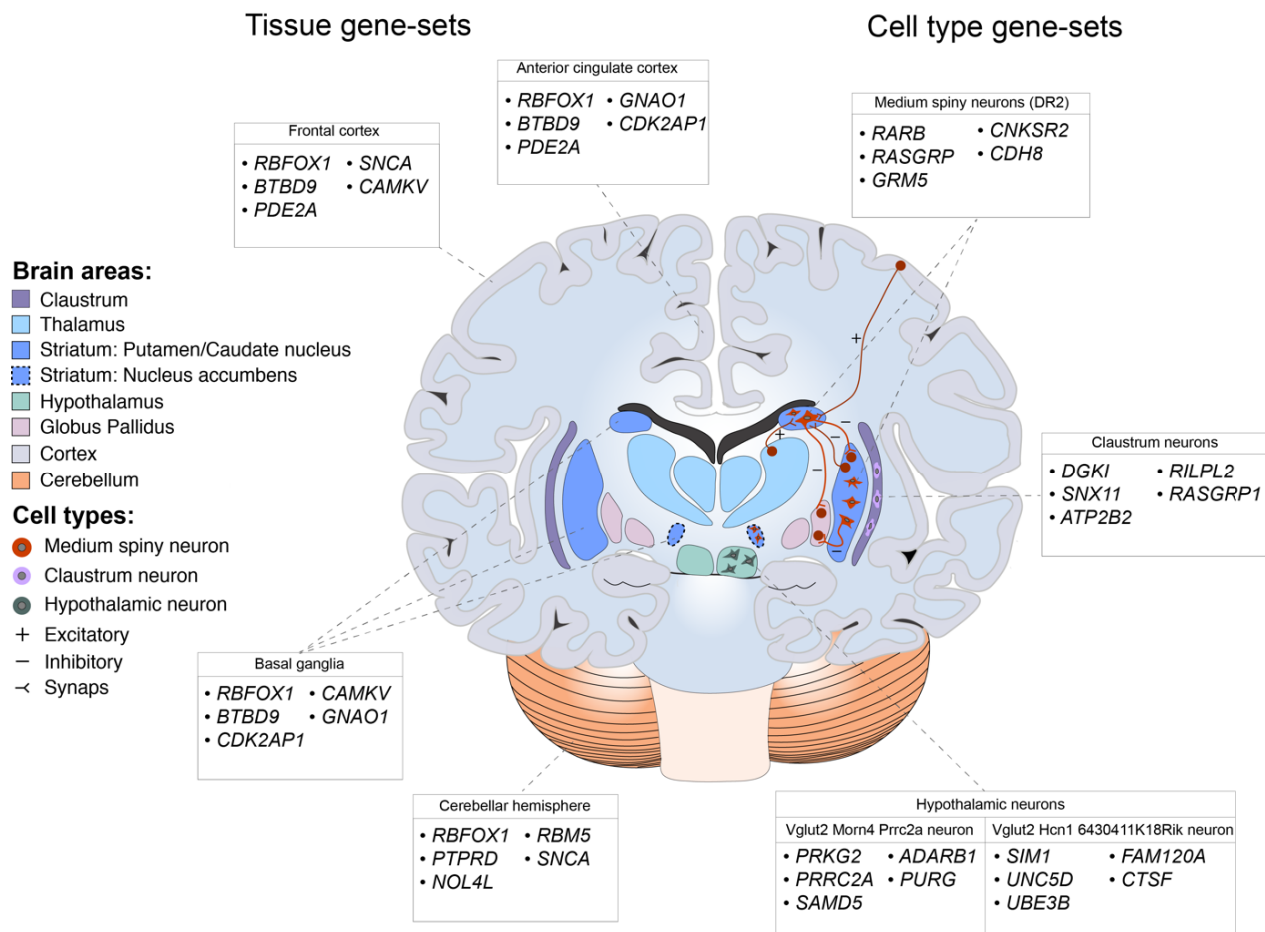




749 **Fig. 3a-f. Genome-wide analyses of six sleep-related traits.** Manhattan plots of the genome-wide  
750 association analyses of (a) Morningness (N=434,835). (b) Sleep duration (N=384,317) (c) Ease of  
751 getting up (N=385,949) (d) Napping (N=386,577) (e) Daytime dozing (N=385,333) and (f) Snoring  
752 (N=359,916). The y-axis shows the negative log<sub>10</sub>-transformed SNP *P*-value, the x-axis the base pair  
753 position of the SNPs on each chromosome. The red line indicates the Bonferroni corrected  
754 significance threshold ( $P < 5 \times 10^{-8}$ ).



755 **Fig. 4. Genetic overlap of insomnia with other sleep-related traits and psychiatric and metabolic**  
 756 **traits.** Heatmap of genetic correlations between insomnia, sleep-related phenotypes and  
 757 neuropsychiatric and metabolic traits studies that were calculated using LD Score regression. Red  
 758 color indicates a positive  $r_g$  while green indicates negative  $r_g$ . Correlations that were significant after  
 759 Bonferroni correction ( $P < 0.05/33 = 1.5110^{-3}$ ) are indicated with an asterisk (see also **Supplementary**  
 760 **Table 18, 26**).



761 **Fig. 5. Overview of brain tissues and cell types associated with insomnia based on GWAS results**  
 762 **from 1,331,010 individuals.** For each associated gene-set, the top 5 genes driving the association are  
 763 reported for each brain area and cell-type. Results for GTEx brain tissue type gene-sets are shown on  
 764 the left side of the figure, while results from the level 2 single-cell gene expression are shown on the  
 765 right.

766 **EXTENDED DATA**

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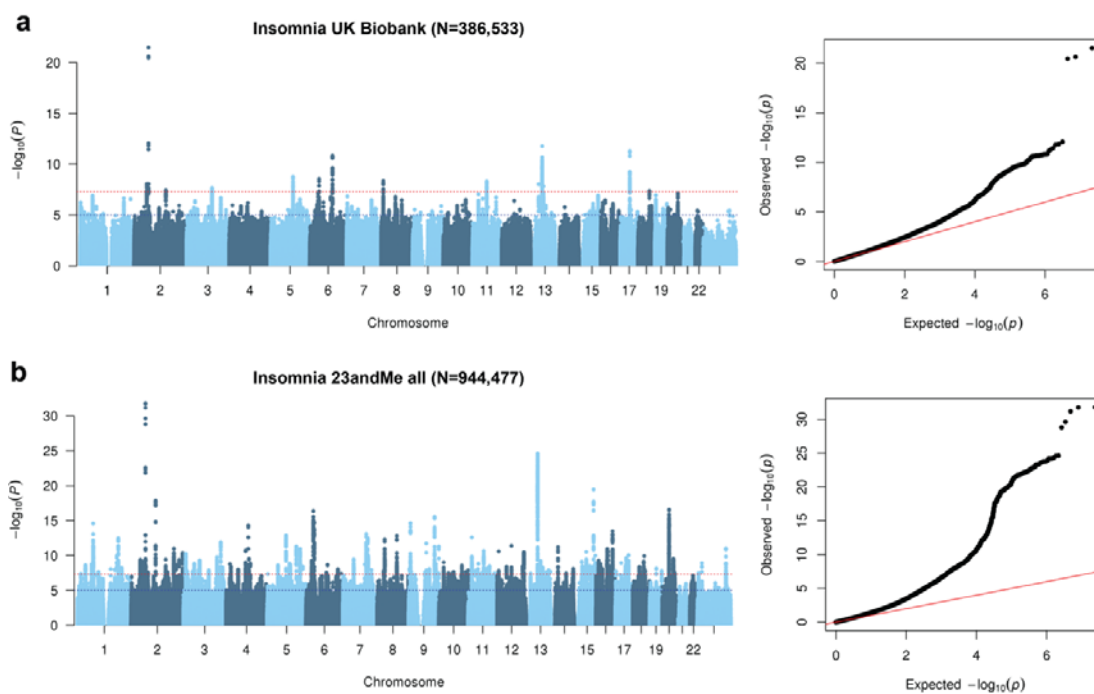
768 **Extended Data Table 1. LD Score regression estimates of the sex-specific GWAS of**  
769 **insomnia.** Results are shown for UK Biobank, 23andMe and the sex-specific meta-analyzed  
770 sample. H<sup>2</sup>=estimated SNP-heritability, intercept=LD Score regression intercept, rg=genetic  
771 correlation in the same study sample.

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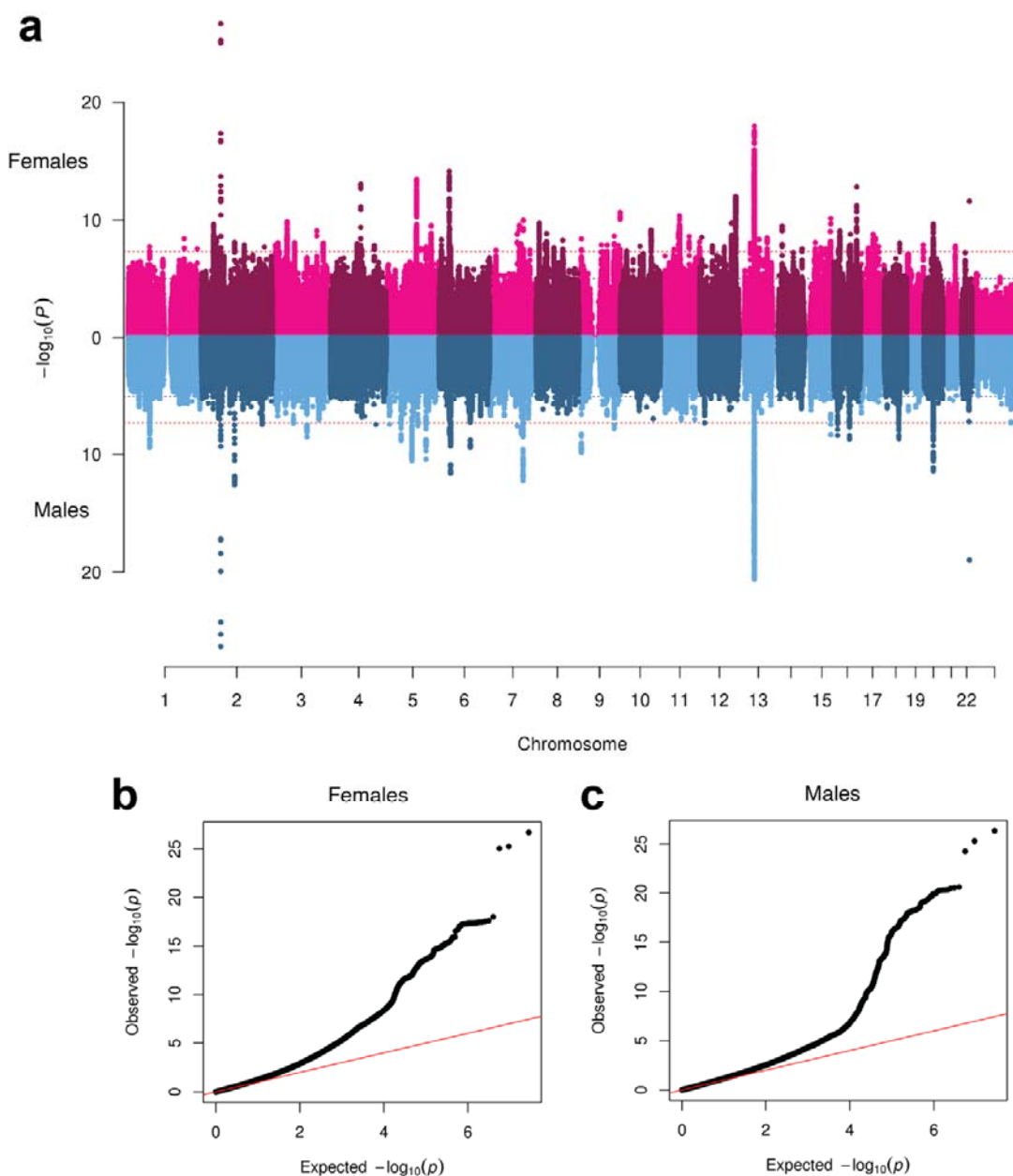
Sample	Sex	N	<i>h</i> <sup>2</sup> (SE)	Mean chi <sup>2</sup>	Lambda	Intercept (SE)	<i>rg</i> male	<i>rg</i> female
<b>UK Biobank</b>	male	177.817	0.083 (0.007)	1,157	1,143	1.001 (0.008)	1	0.857 (0.051)
	female	208.716	0.092 (0.005)	1,233	1,210	1.011 (0.008)	0.857 (0.051)	1
<b>23andMe</b>	male	443.207	0.080 (0.004)	1,385	1,317	1.016 (0.008)	1	0.925 (0.022)
	female	501.270	0.090 (0.003)	1,580	1,460	1.046 (0.009)	0.925 (0.022)	1
<b>Meta</b>	male	621.024	0.067 (0.003)	1,460	1,382	1.024 (0.009)	1	0.919 (0.018)
	female	709.986	0.078 (0.003)	1,700	1,547	1.042 (0.009)	0.919 (0.018)	1

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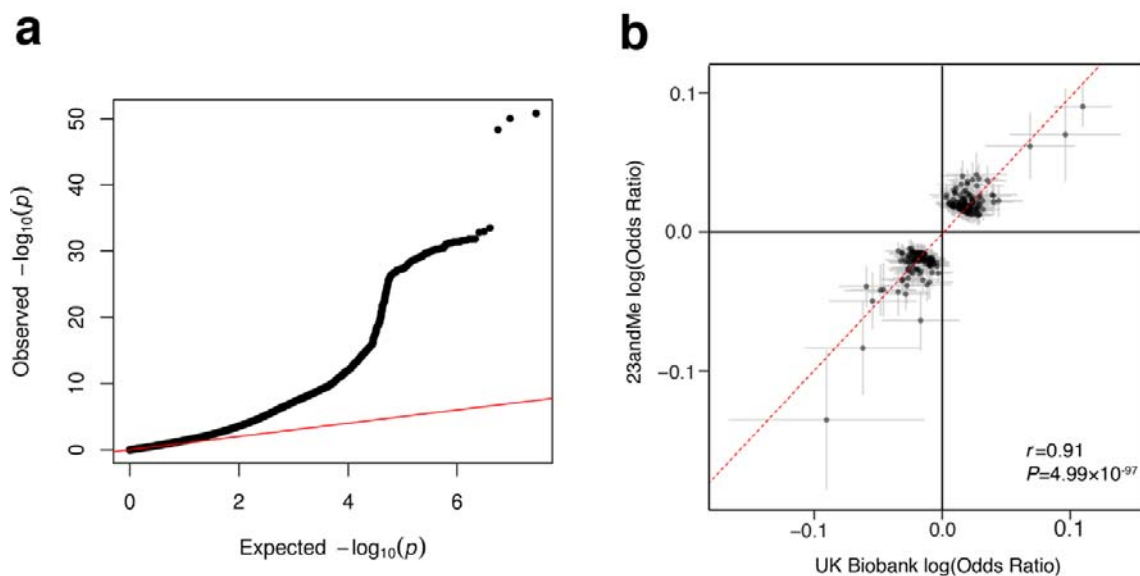
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775 **Extended Data Fig 1a-b. Manhattan and Q-Q plots of the genome-wide analysis of**  
776 **insomnia.** Results are shown for the genome-wide analysis in **(a)** UK Biobank and **(b)**  
777 23andMe.  
778

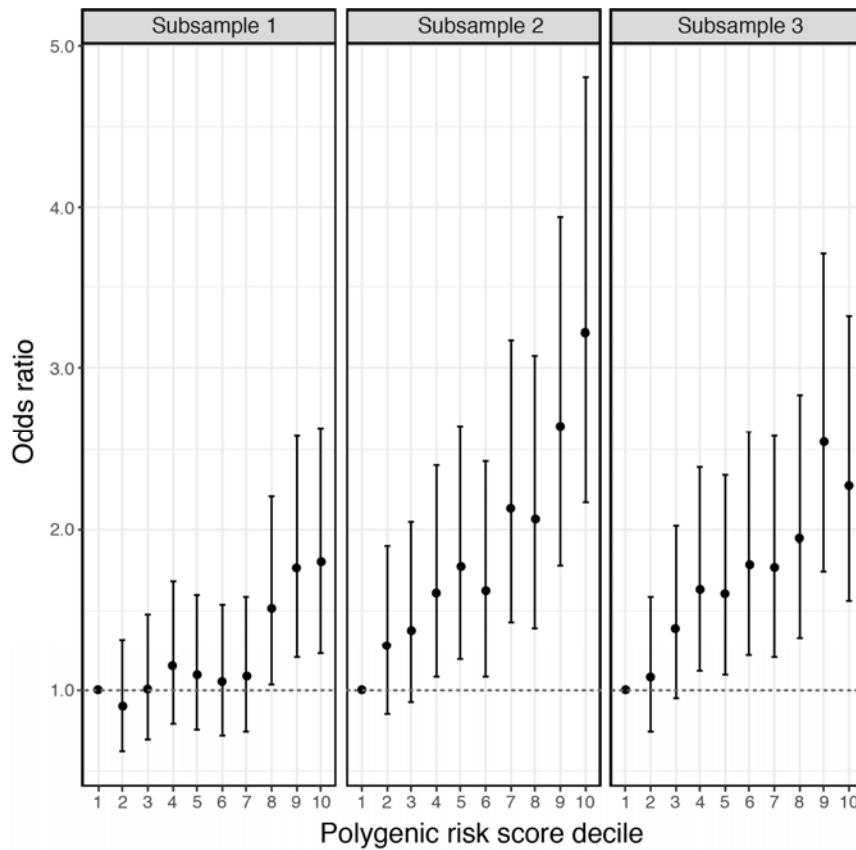


779 **Extended Data Fig. 3a-c. Sex-specific Manhattan plot and Q-Q plot of the insomnia**  
780 **meta-analysis in males and females (UK Biobank + 23andMe).** (a) Miami plot showing  
781 sex-specific SNP association P-values for females on the upper side and males on the lower  
782 side. (b) Q-Q plot in females, and (c) in males.



783 **Extended Data Fig. 4a-b. Q-Q plot and lead SNPs of the GWAS meta-analysis for**  
784 **insomnia.** (a) QQ-plot of the insomnia meta-analysis showing the expected negative log10-  
785 transformed  $P$ -value distribution on the x-axis, and observed negative log10-transformed  $P$ -  
786 value on the y-axis, (b) effect size plot of the 248 lead SNP of the insomnia meta-analysis  
787 (log-transformed odds ratio and 95% confidence interval) in UK Biobank and 23andMe.  
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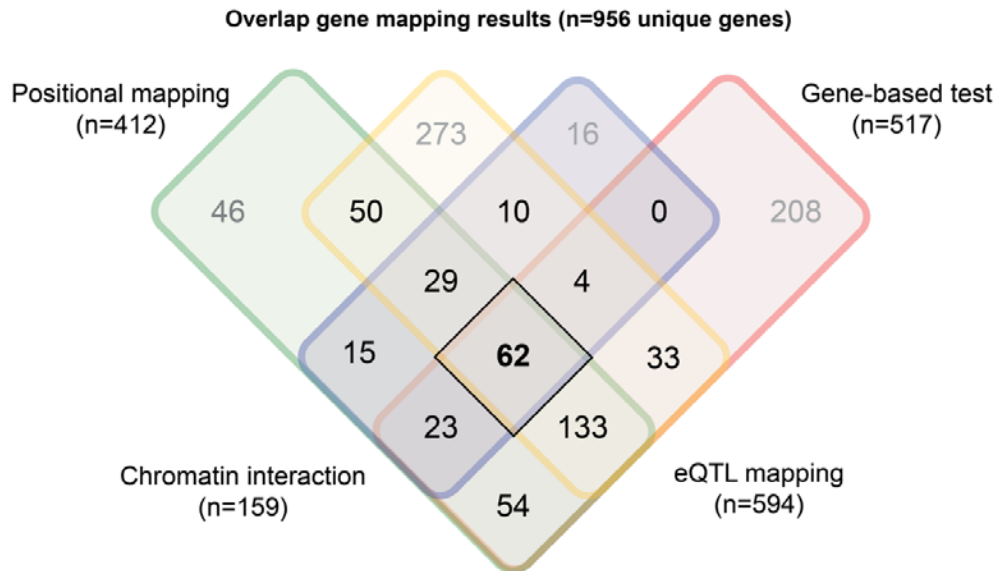


802 **Extended Data Fig. 5. Risk of insomnia per polygenic risk score decile in three**  
803 **independent holdout samples (N=3x3000).** Odds ratios and 95% confidence interval for  
804 deciles in polygenic risk score were calculated based on a logistic regression model, using the  
805 lowest polygenic risk score decile as the reference.

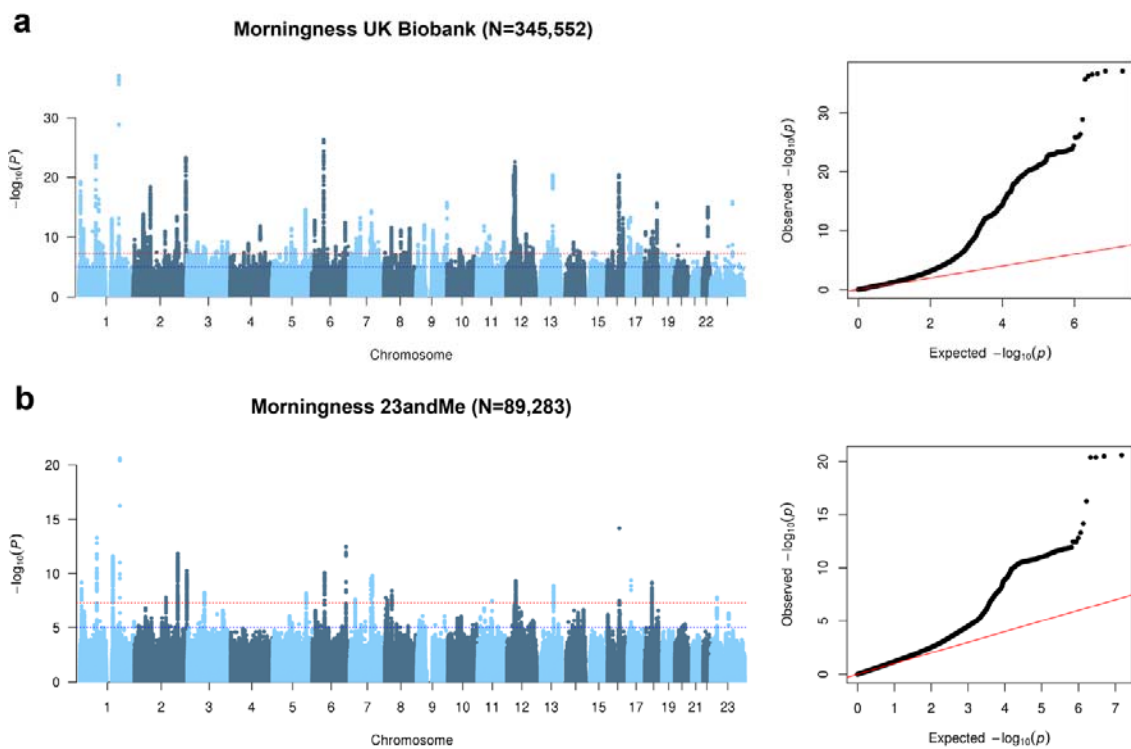
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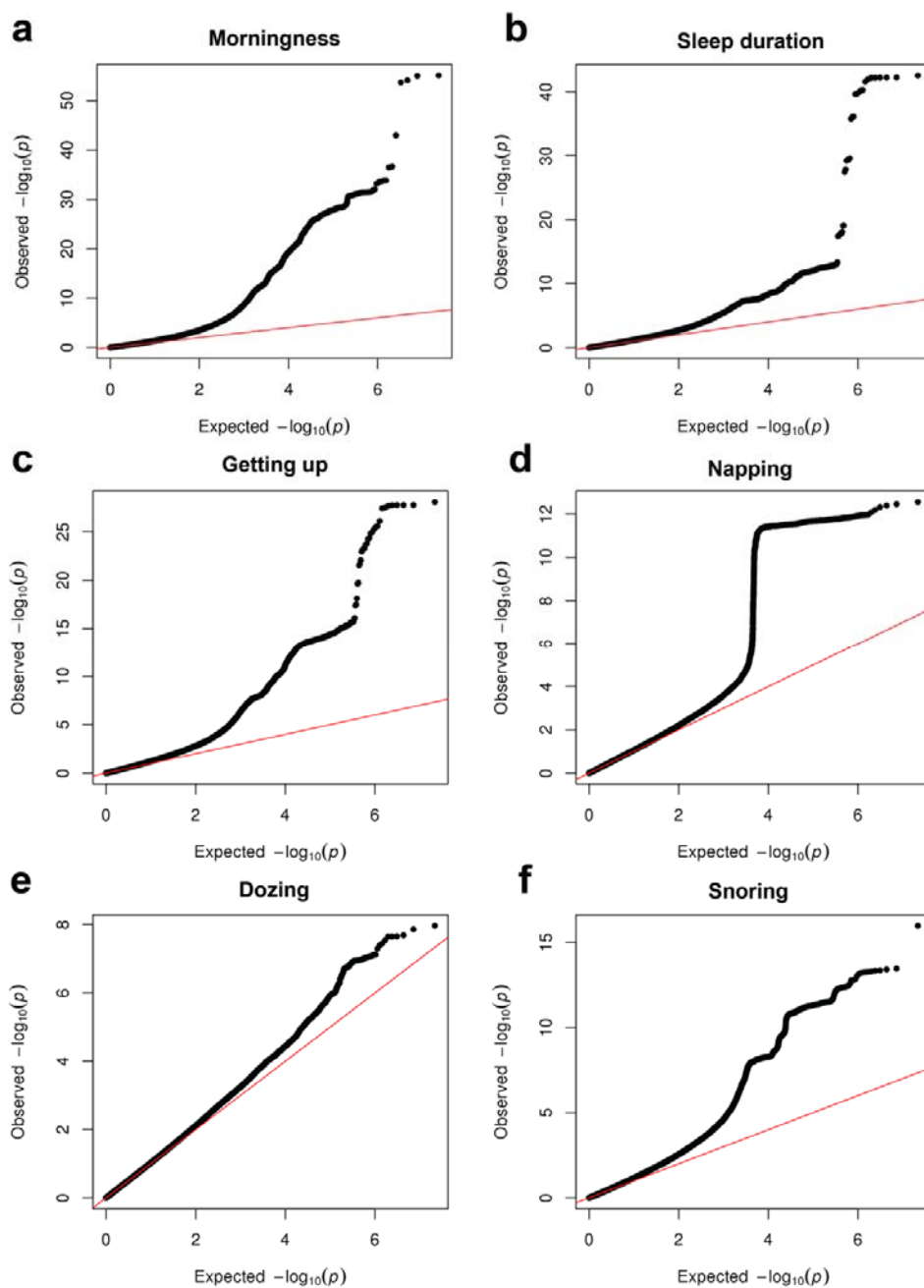
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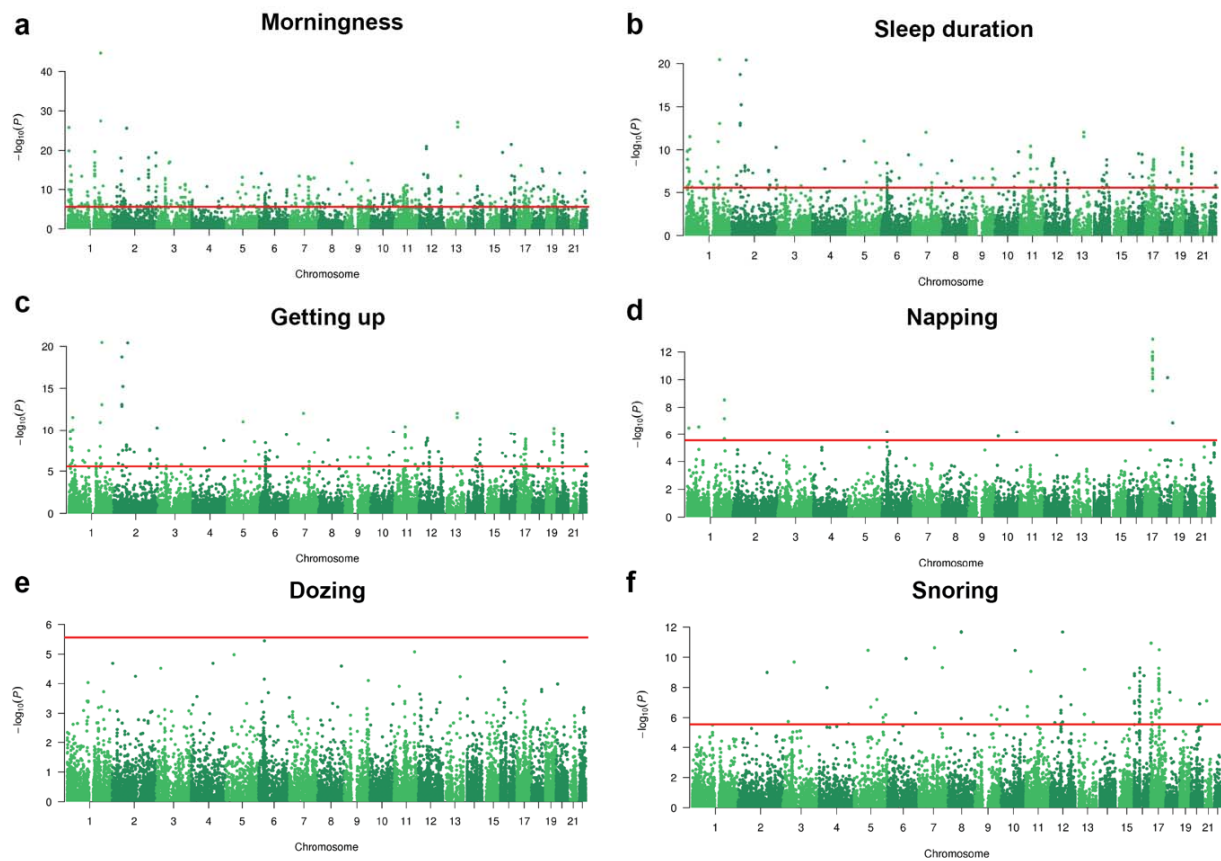
808 **Extended Data Fig. 6. Venn diagram showing the number of genes that were mapped by**  
809 **four gene-mapping strategies.** Each square shows the number of overlapping genes between  
810 three gene-mapping methods in FUMA (positional mapping, eQTL mapping and chromatin  
811 interaction mapping) and significant genes in gene-based tests in MAGMA. The number of  
812 genes in bold highlights the number of genes that were implicated by all four methods.  
813



814 **Extended Data Fig. 7a-b. Manhattan plot and Q-Q plot of the genome-wide analysis of**  
815 **morningness in UK Biobank and 23andMe. Results are shown for (a) UK Biobank and (b)**  
816 **23andMe.**  
817



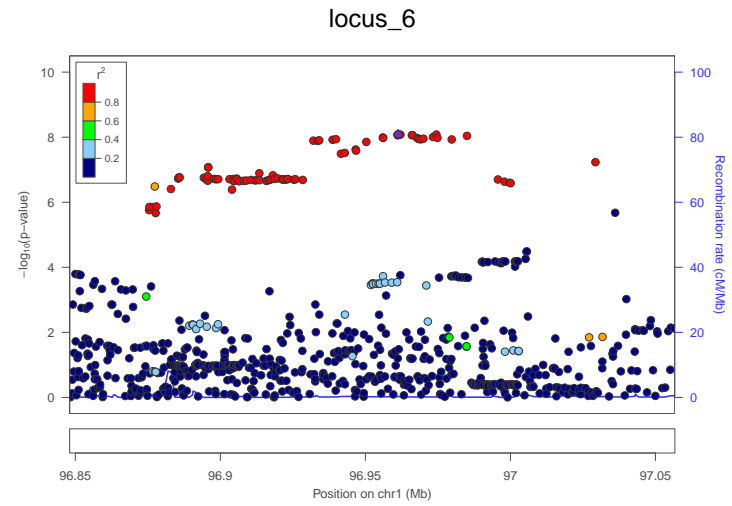
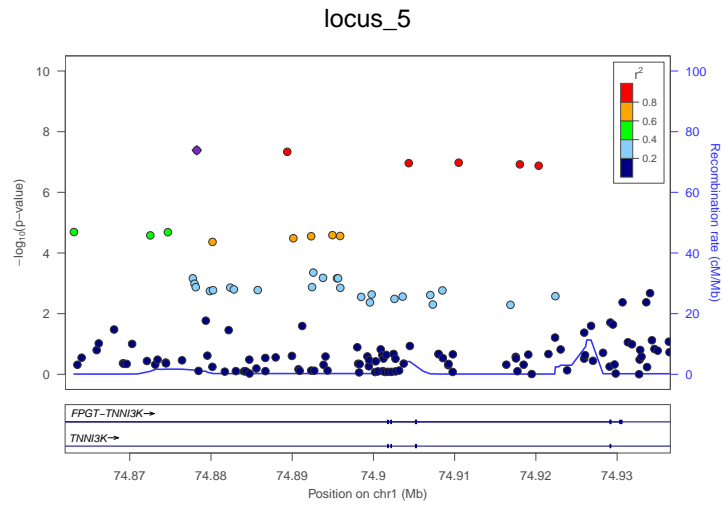
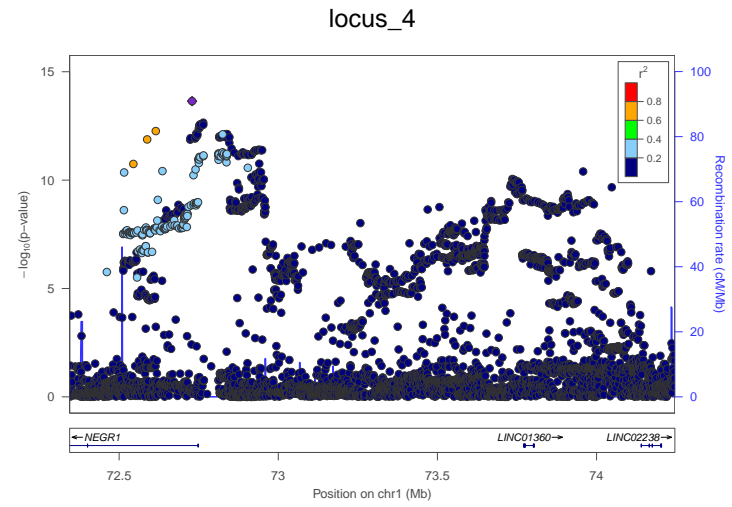
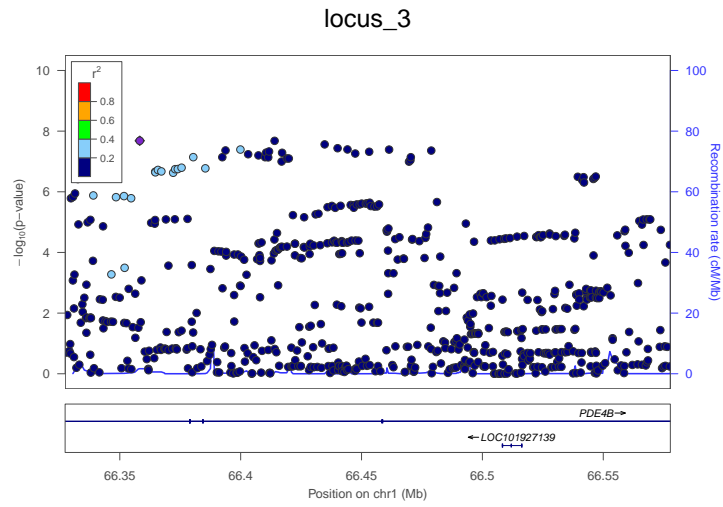
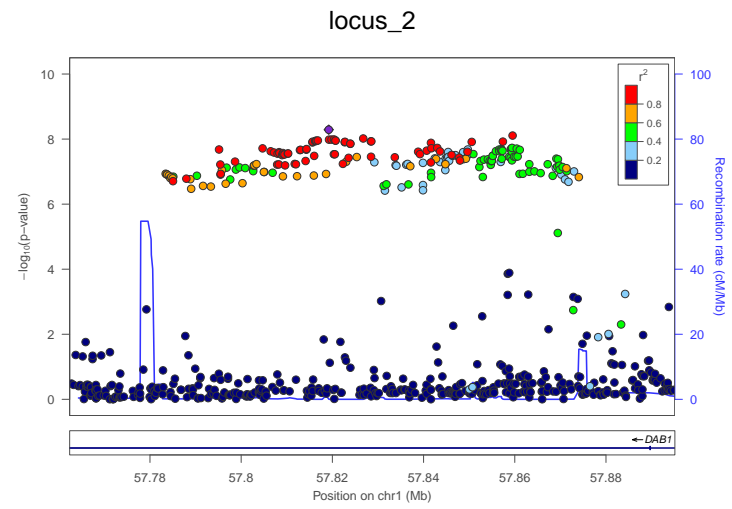
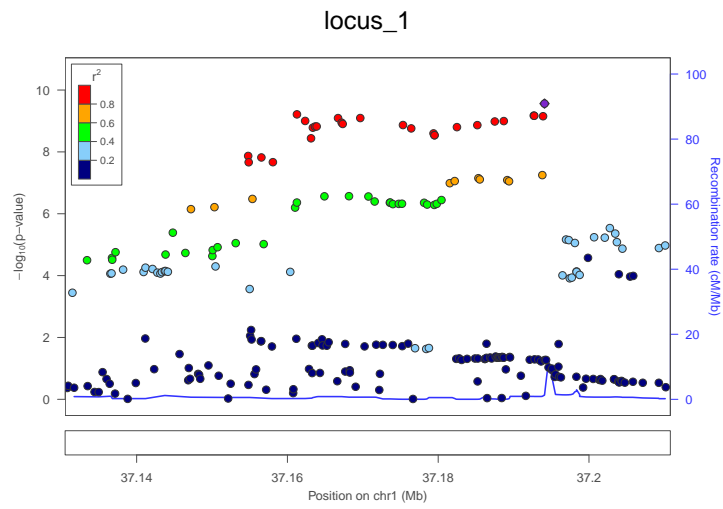
818 **Extended Data Fig. 8a-f. Q-Q plots of the genome-wide analysis of six sleep related**  
819 **traits. (a)** morningness (including UKB and 23andMe), **(b)** sleep duration, **(c)** ease of getting  
820 up, **(d)** daytime napping, **(e)** daytime dozing, **(f)** snoring. Manhattan plots of the genome-  
821 wide analyses are shown in **Fig. 3**.  
822



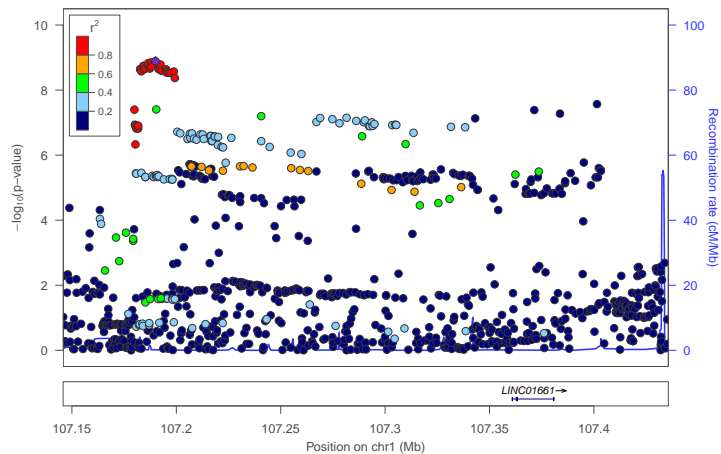
823 **Extended Data Fig. 9a-f. Genome-wide gene-based association analysis of six sleep-**  
824 **related phenotypes.** Manhattan plots genome-wide gene-based analysis (GWGAS) results  
825 for (a) morningness (b) sleep duration (c) ease of getting up (d) daytime napping (e) daytime  
826 dozing (f) snoring. GWGAS was performed in MAGMA. The analysis of morningness was  
827 based on GWAS meta-analysis of UKB and 23andMe, while other sleep-related phenotypes  
828 were analysed in UKB. The red line indicates Bonferroni corrected significance threshold  
829 depending on the number of genes tested.  
830

Supplementary Information includes:

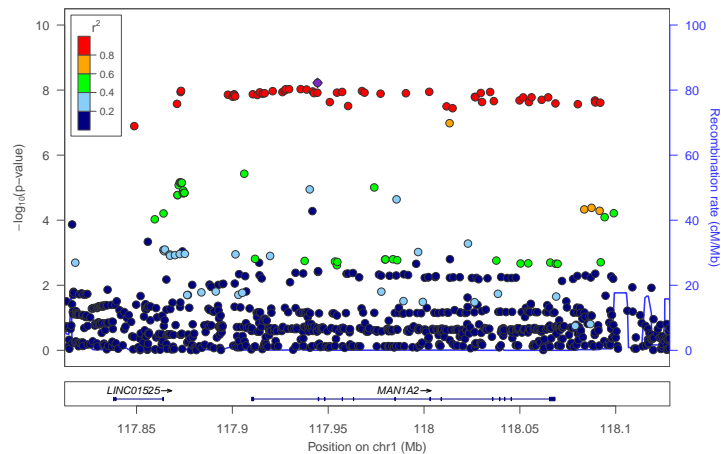
- 1. Supplementary Methods**
  - 1.1 Sample description UK Biobank
  - 1.2 Sample description 23andMe
  - 1.3 Insomnia phenotype validation external sample
- 2. Supplementary Discussion**
  - 2.1. Sex-specific association results for insomnia
  - 2.2. GWAS meta-analysis results for insomnia
  - 2.3. Implicated genes for insomnia
  - 2.4. Gene-set association results for insomnia
  - 2.5. Results sleep-related phenotypes
  - 2.6 Mendelian Randomization
- 3. Supplementary Figures (1 to 2)**
- 4. Supplementary Tables (1 to 28)**



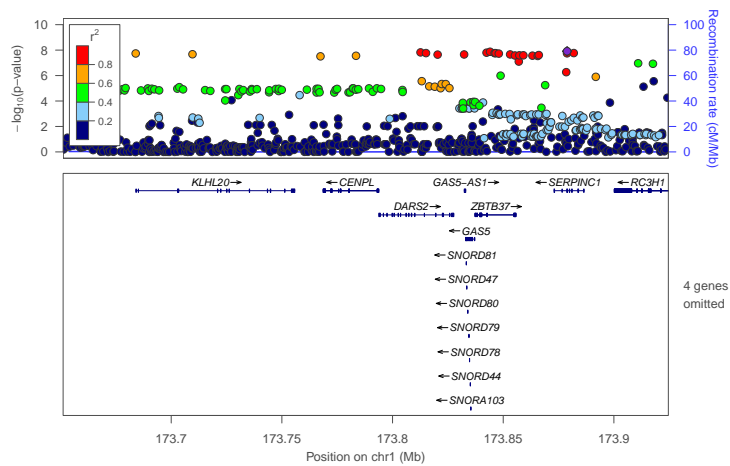
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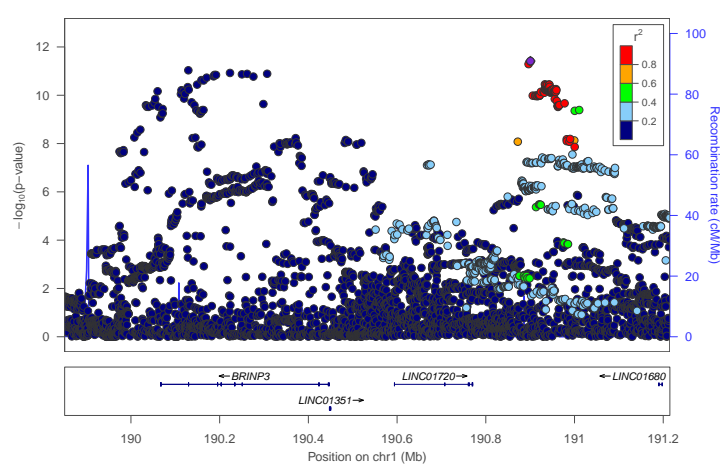
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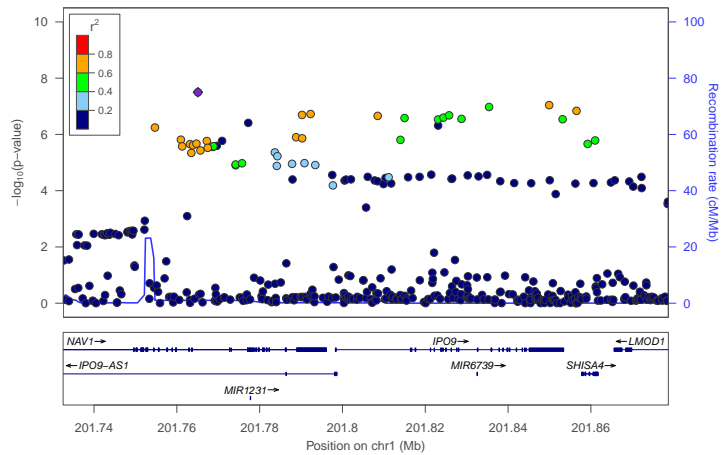
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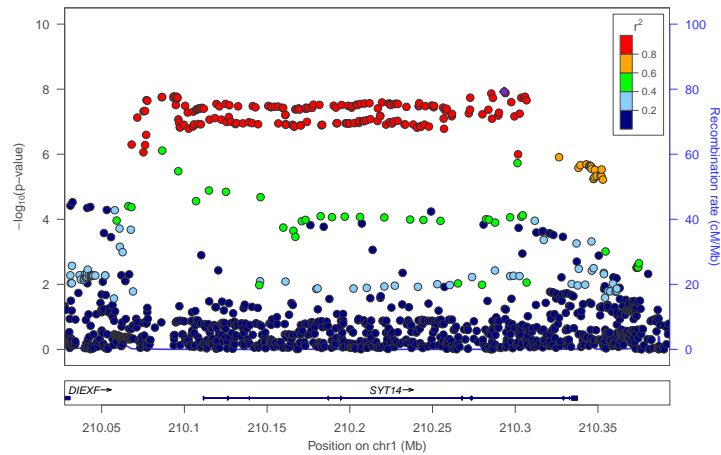
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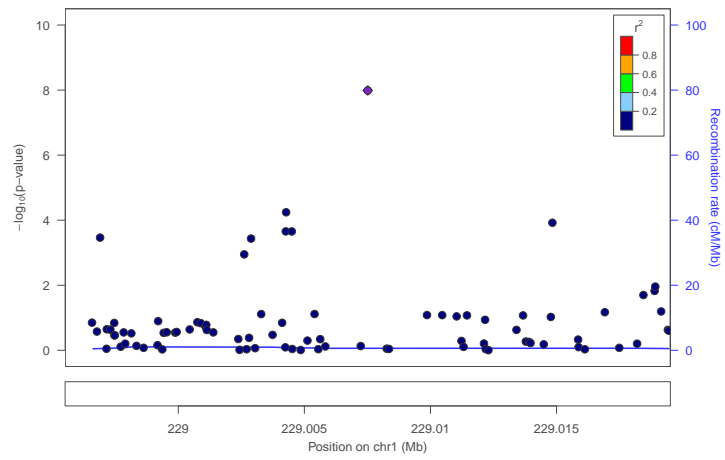
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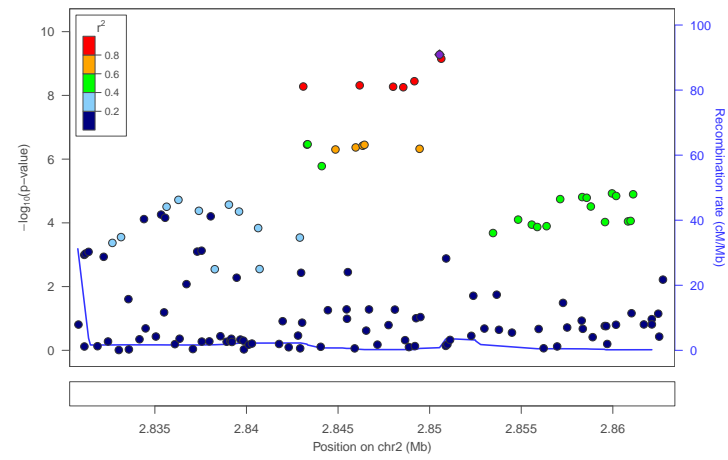
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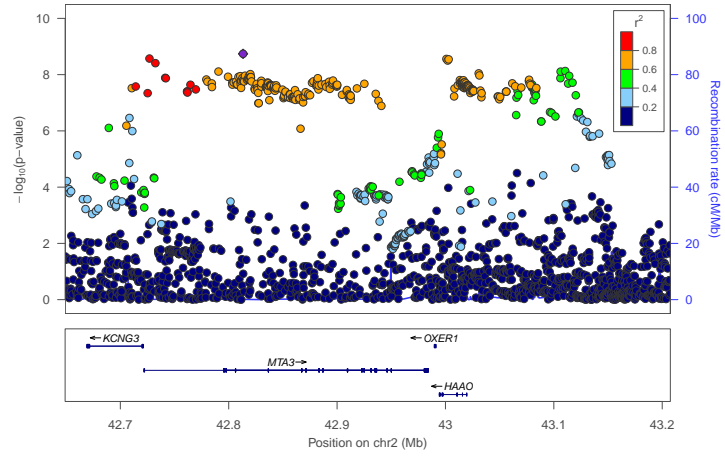
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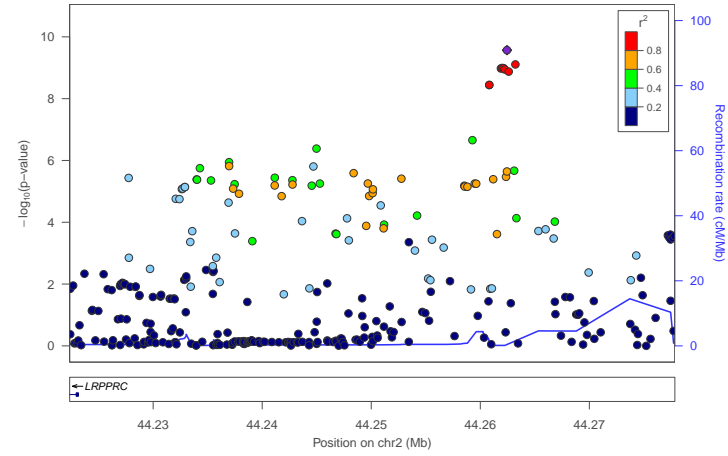
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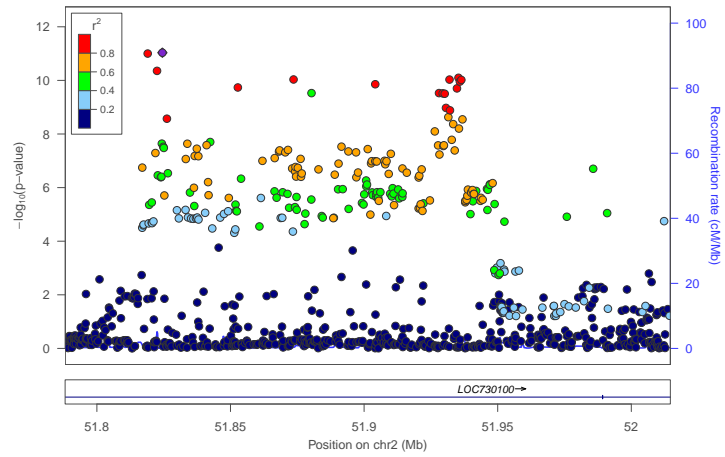
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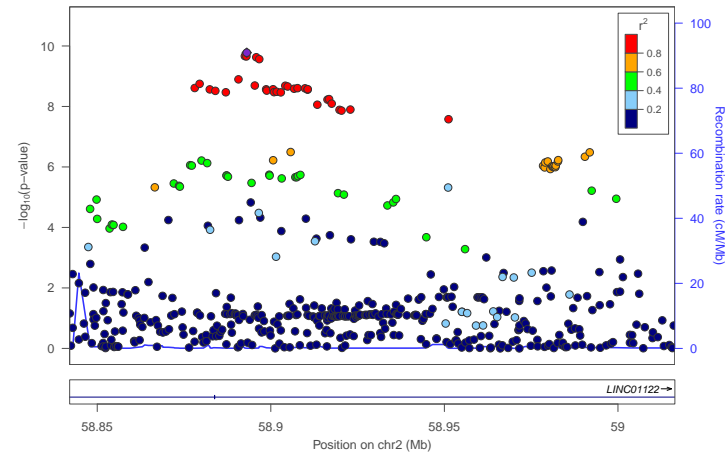
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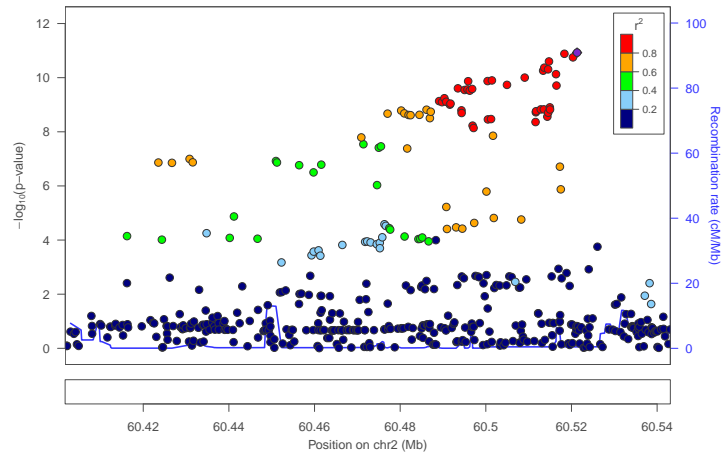


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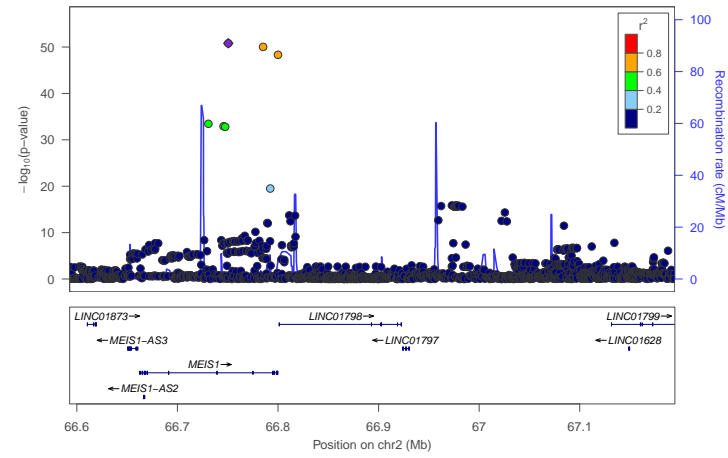




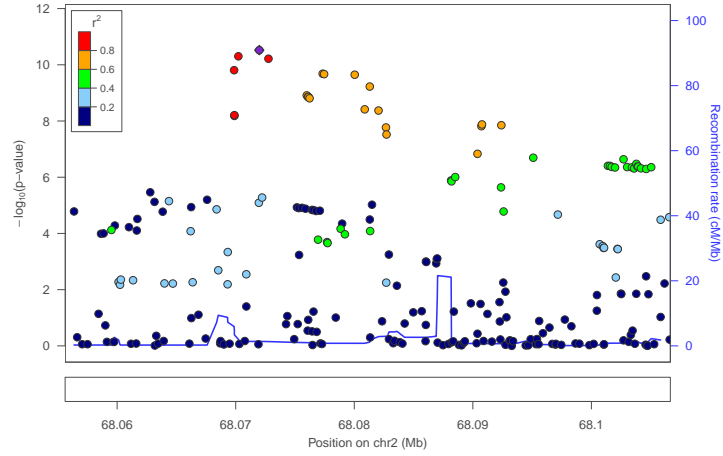
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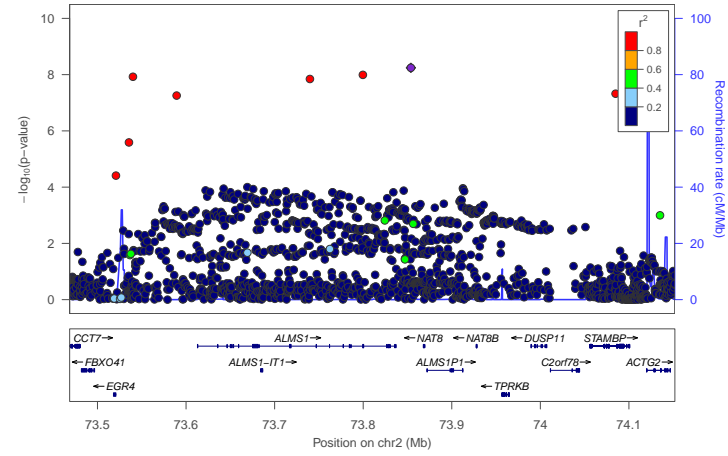
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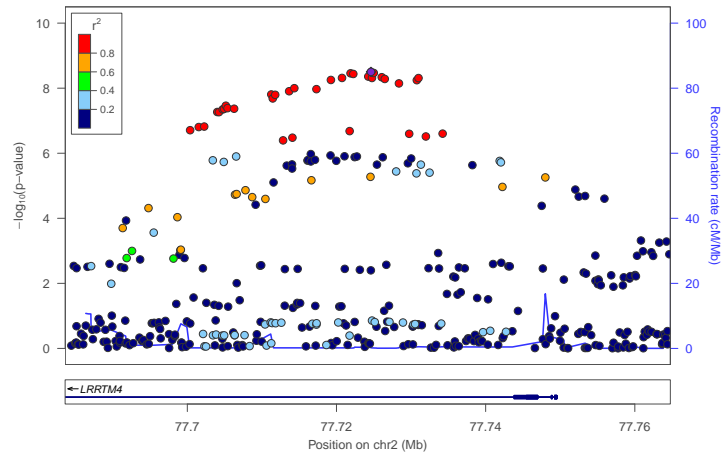
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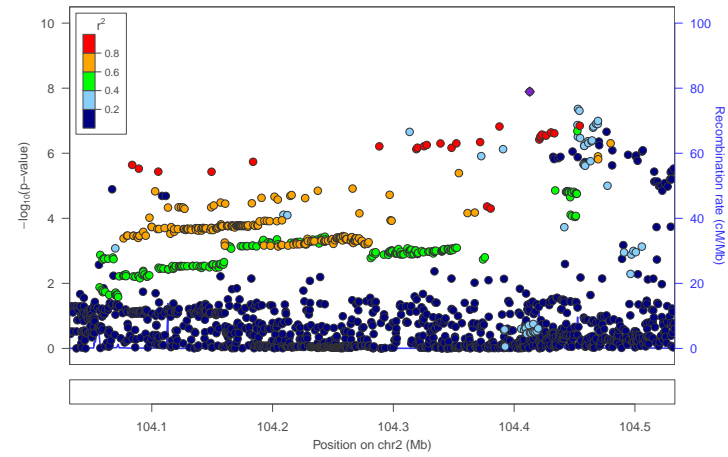
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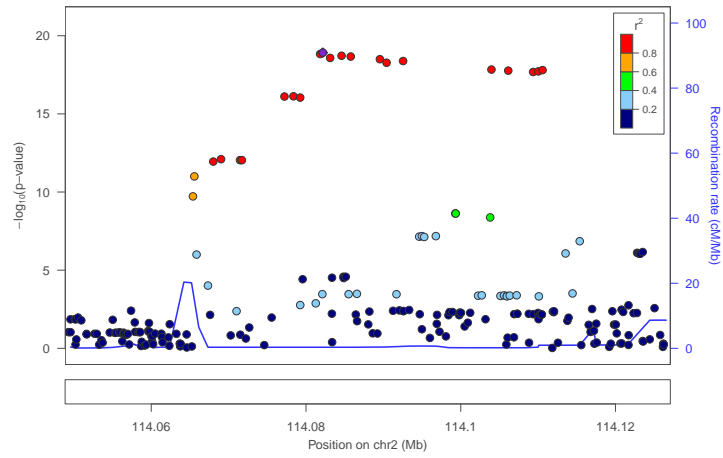
locus\_23



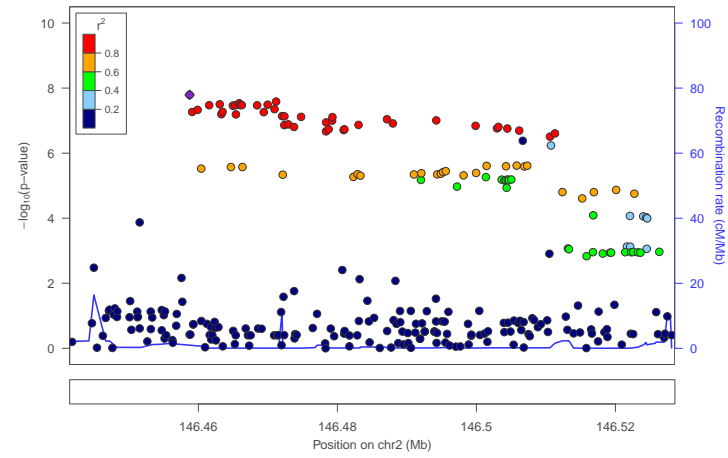
locus\_24



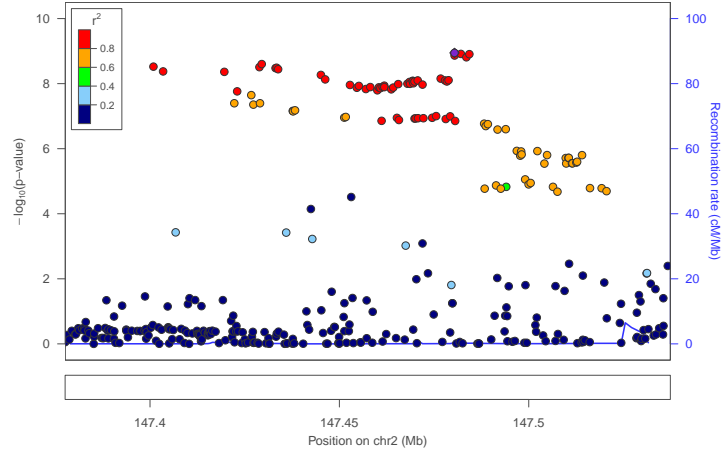
locus\_25



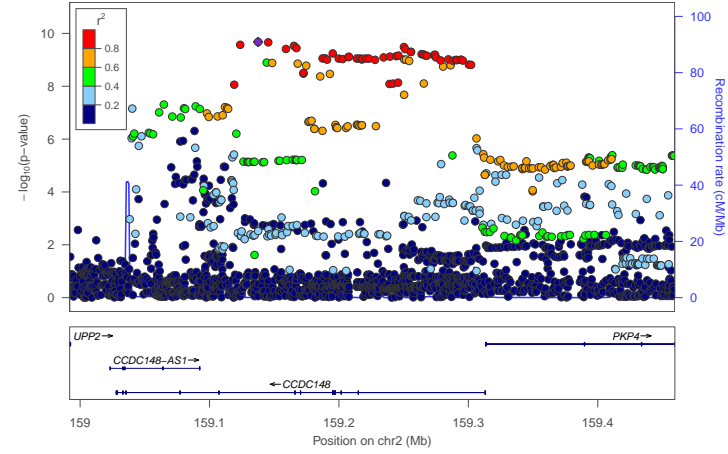
locus\_26



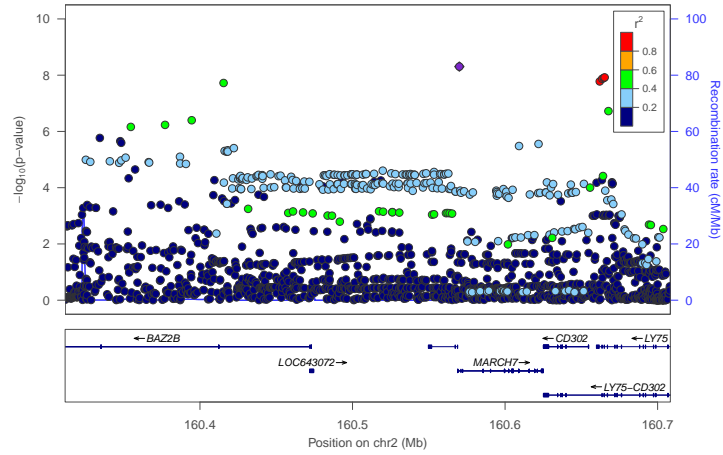
locus\_27



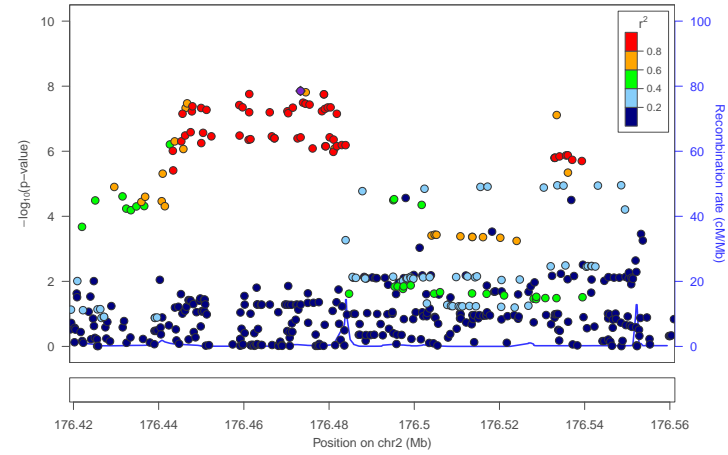
locus\_28



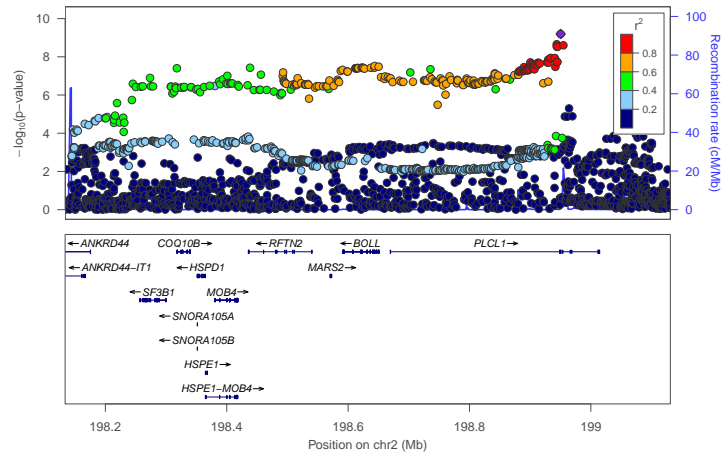
locus\_29



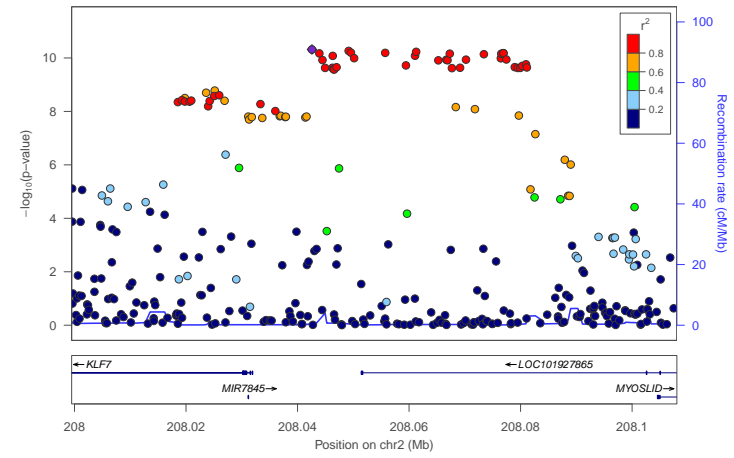
locus\_30



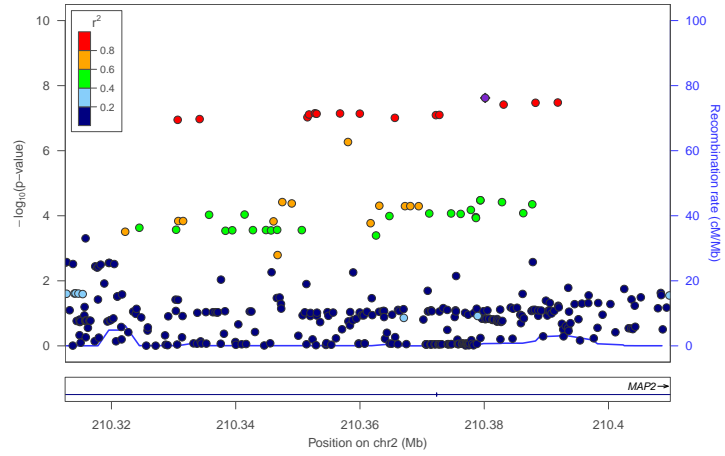
locus\_31



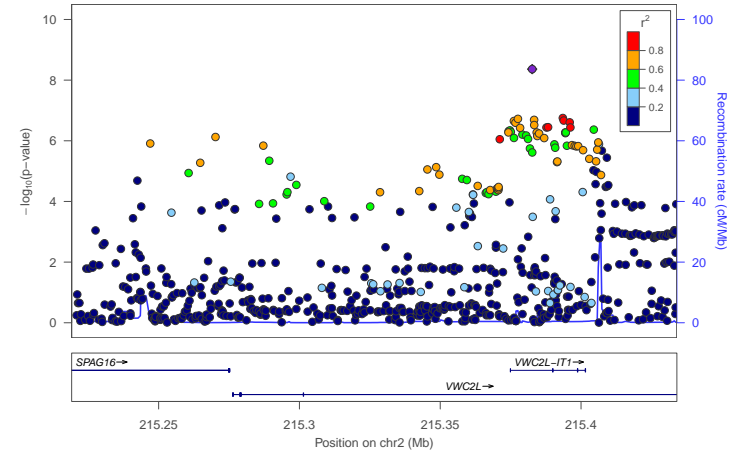
locus\_32



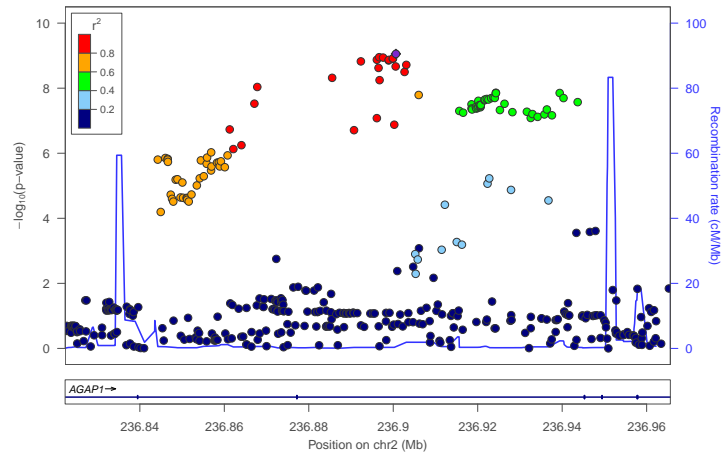
locus\_33



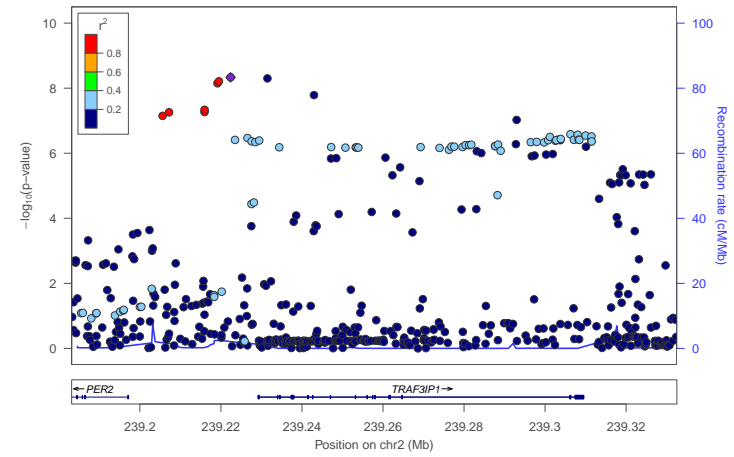
locus\_34



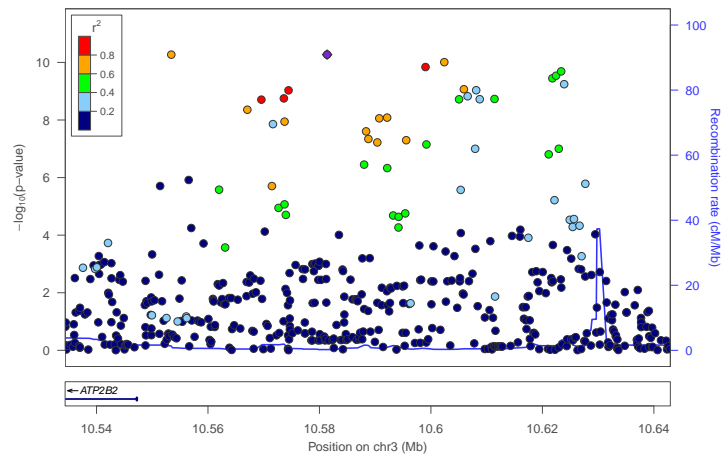
locus\_35



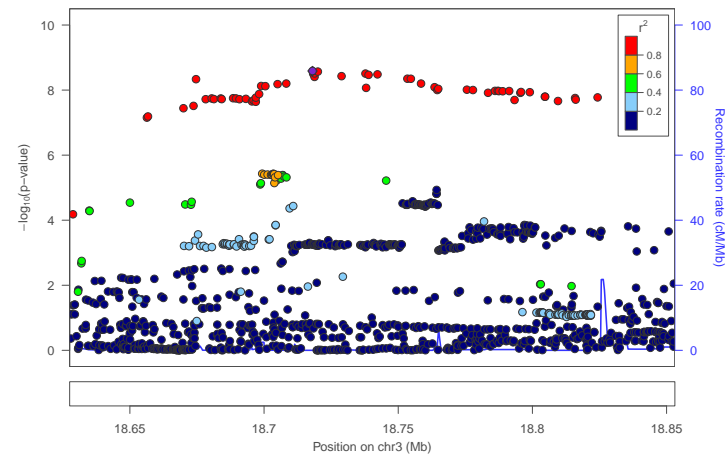
locus\_36



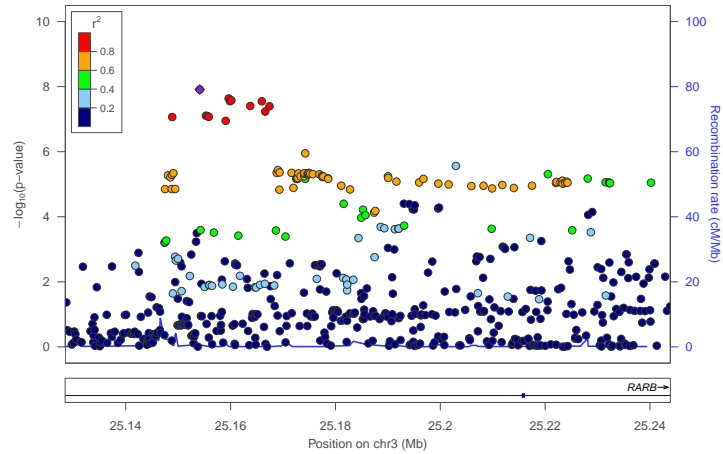
locus\_37



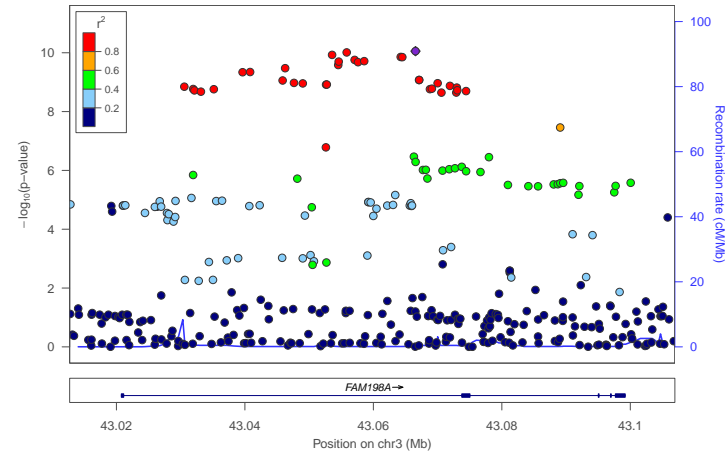
locus\_38



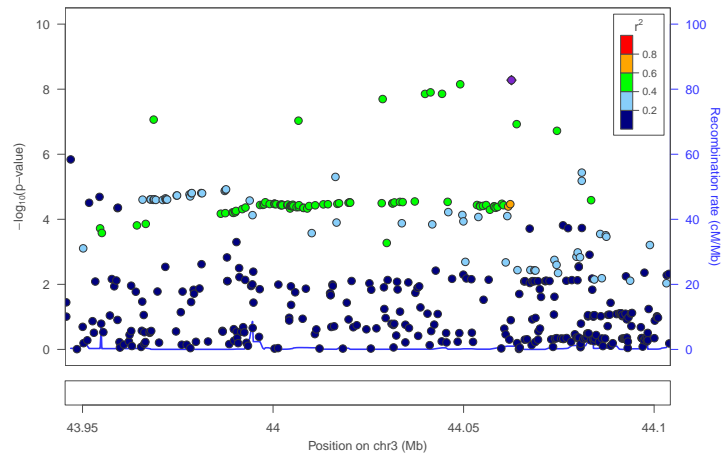
locus\_39



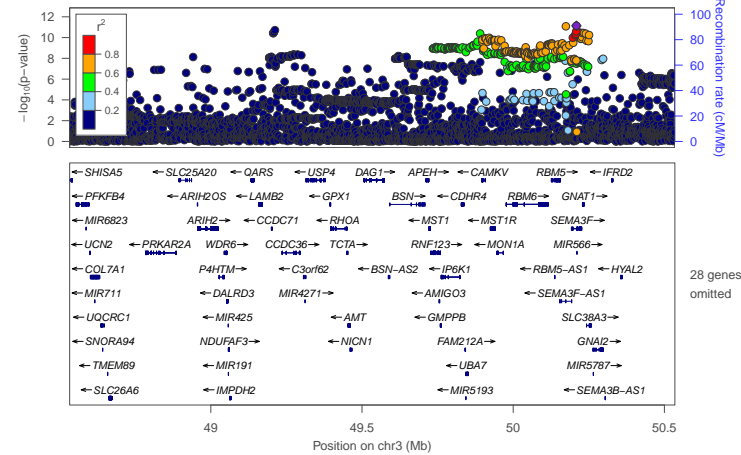
locus\_40



locus\_41

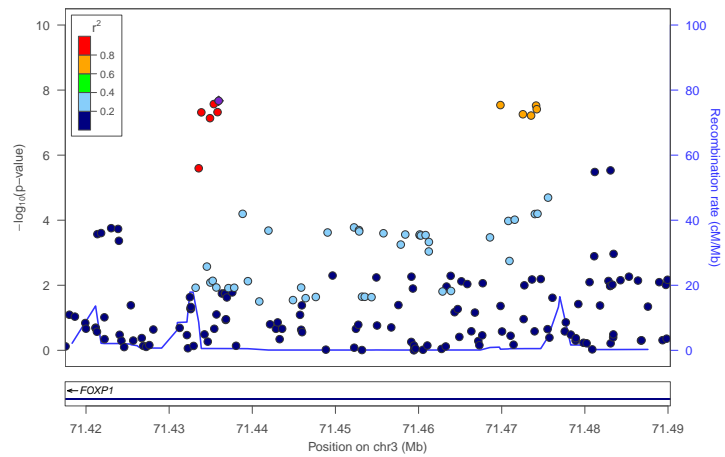


locus\_42

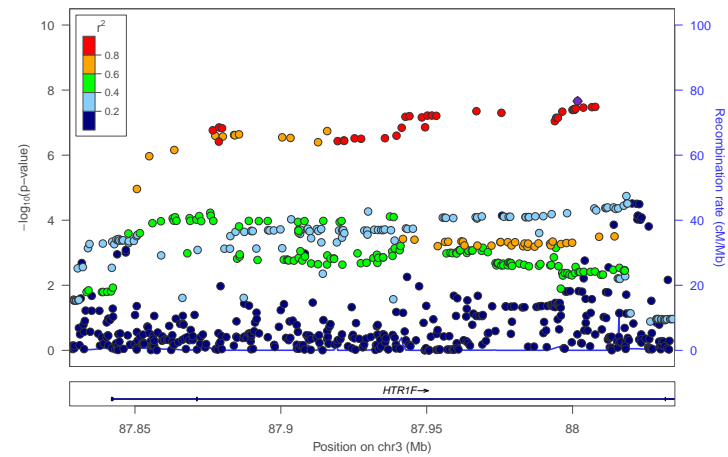


28 genes omitted

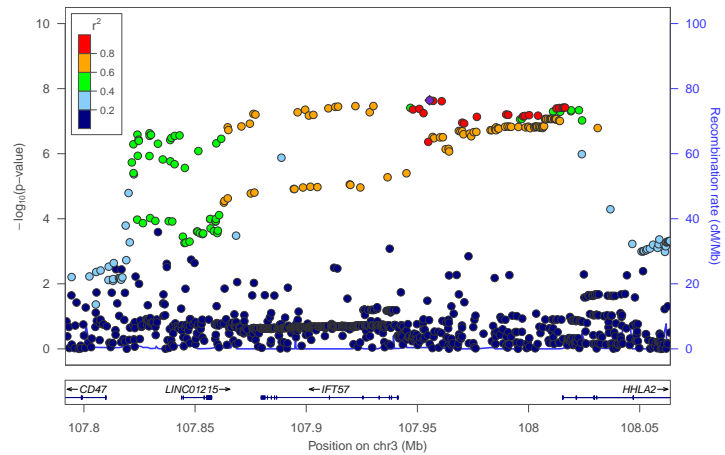
locus\_43



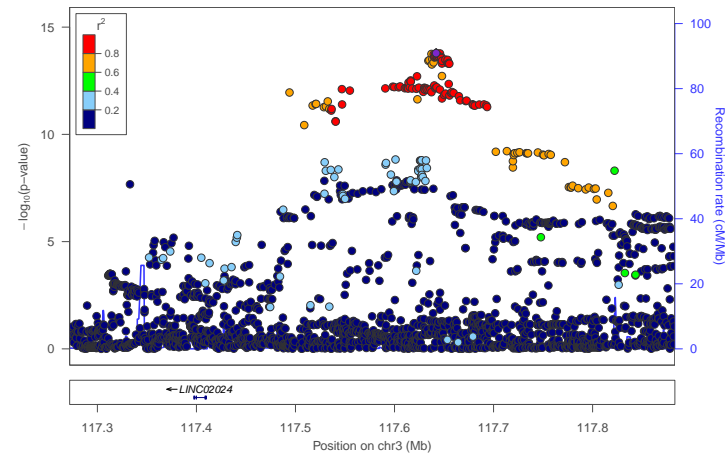
locus\_44



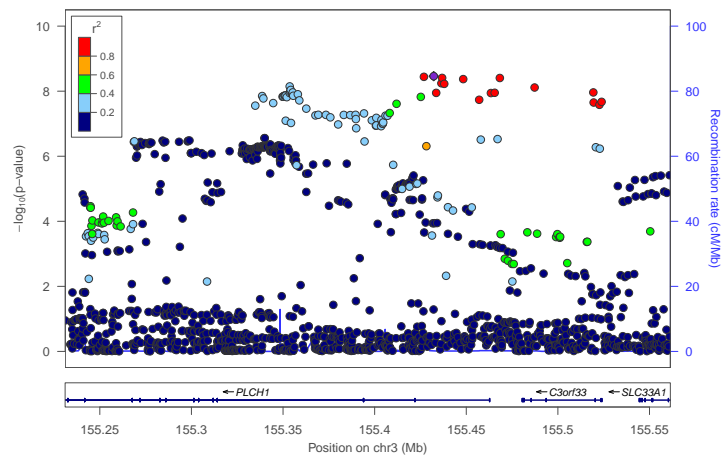
locus\_45



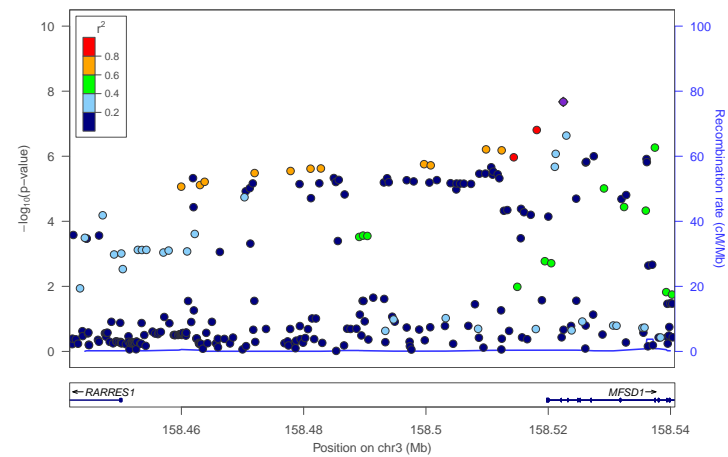
locus\_46



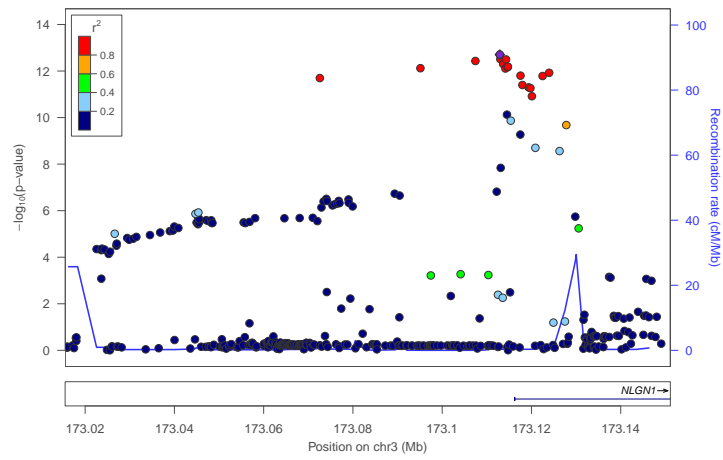
locus\_47



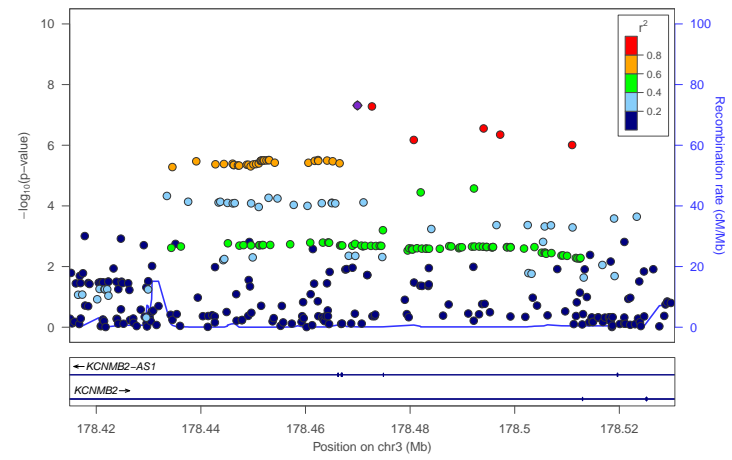
locus\_48



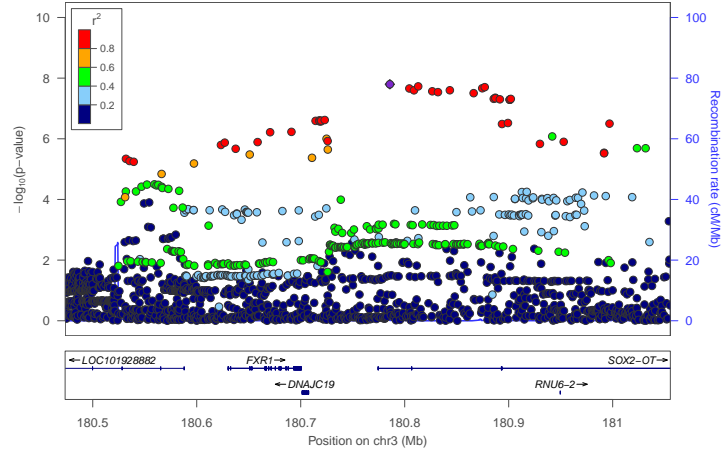
locus\_49



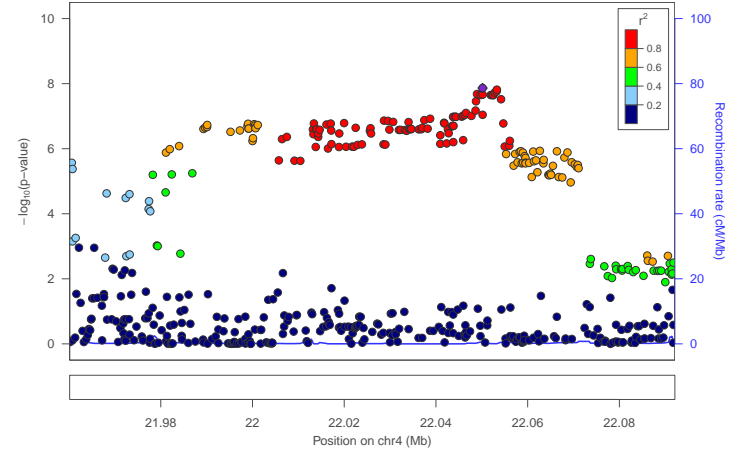
locus\_50



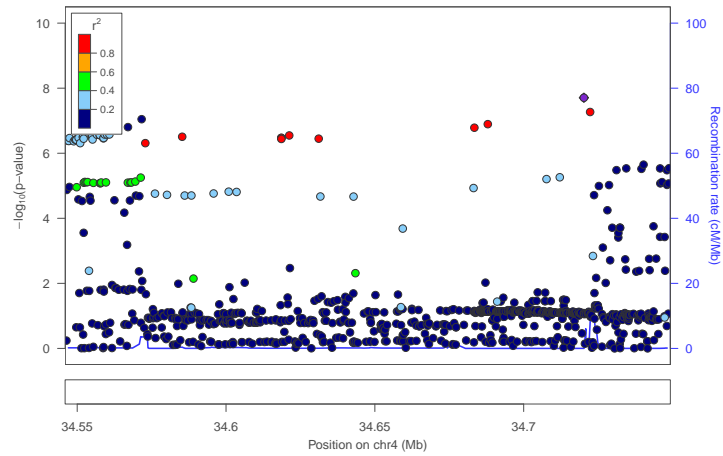
locus\_51



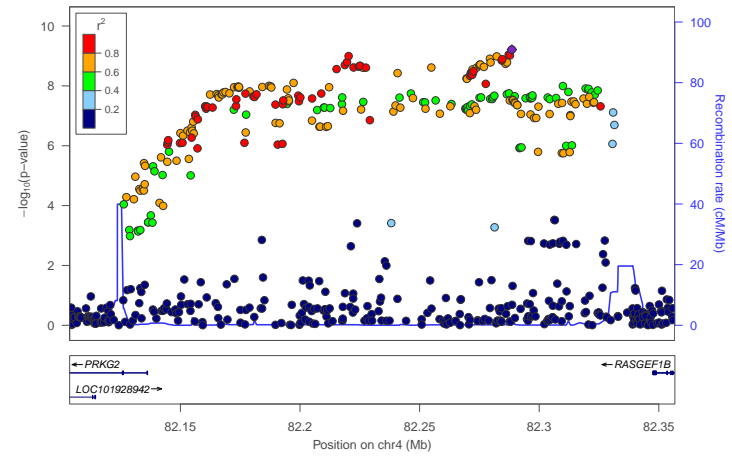
locus\_52



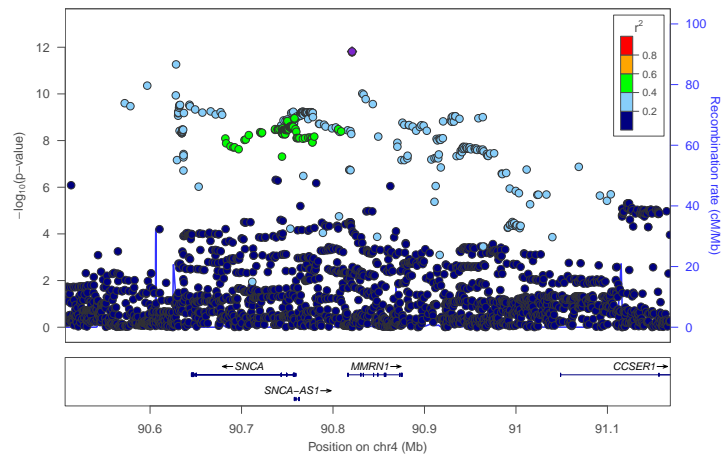
locus\_53



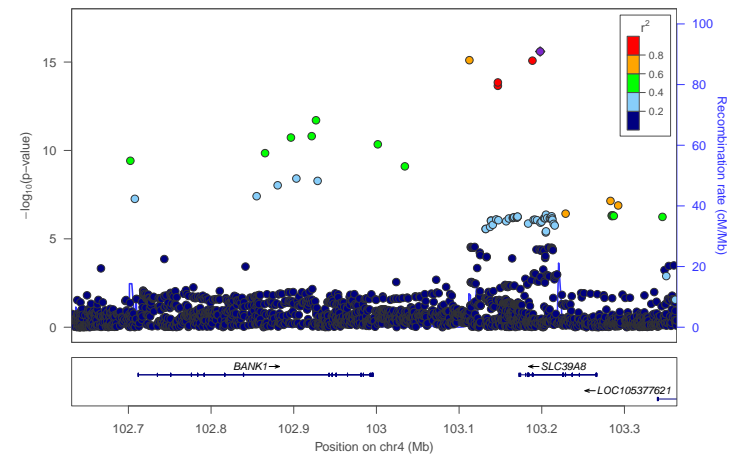
locus\_54



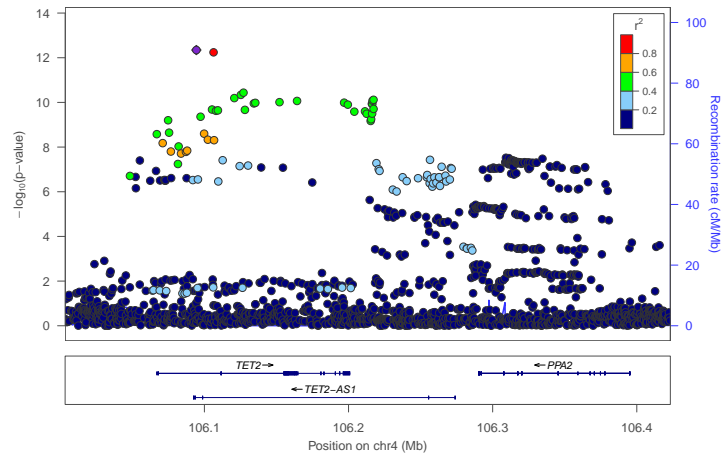
locus\_55



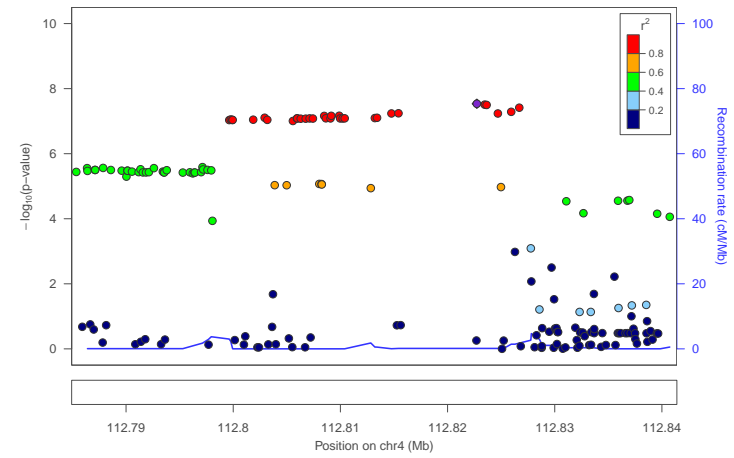
locus\_56



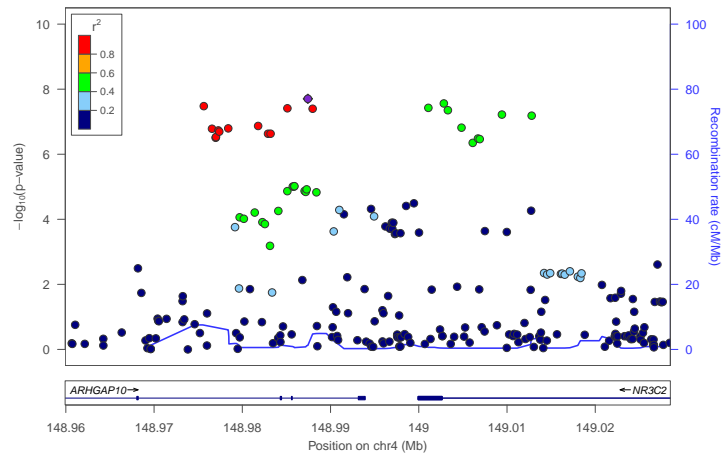
locus\_57



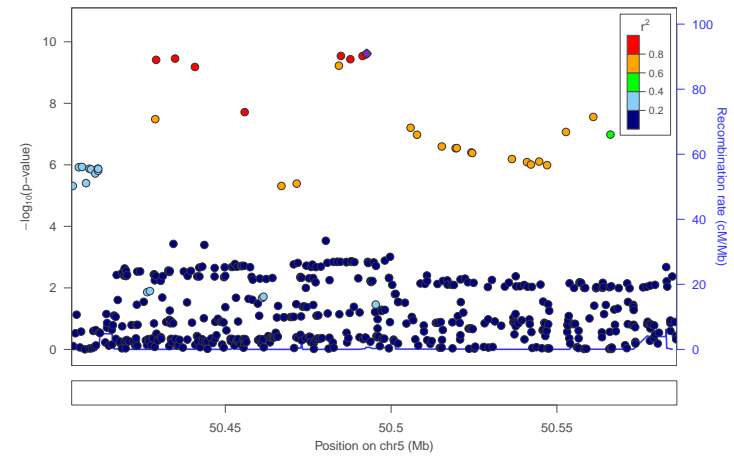
locus\_58



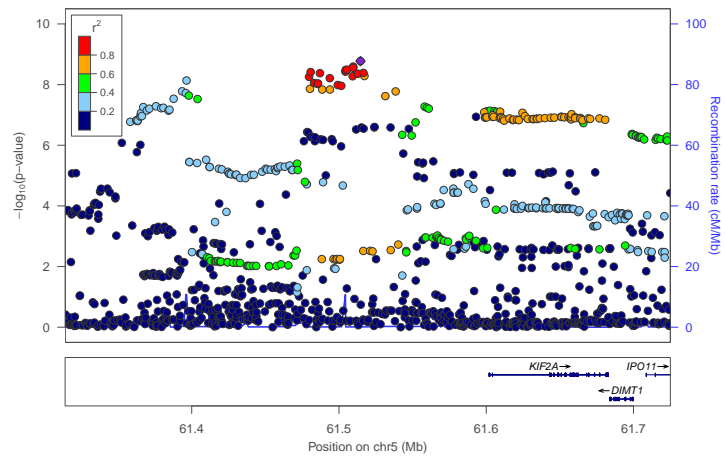
locus\_59



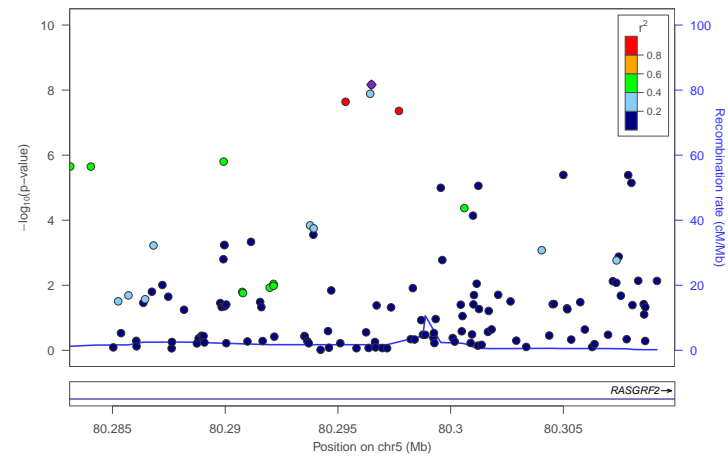
locus\_60



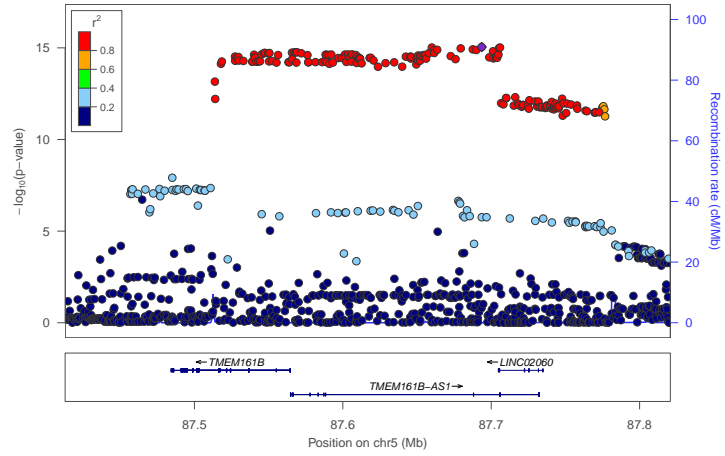
locus\_61



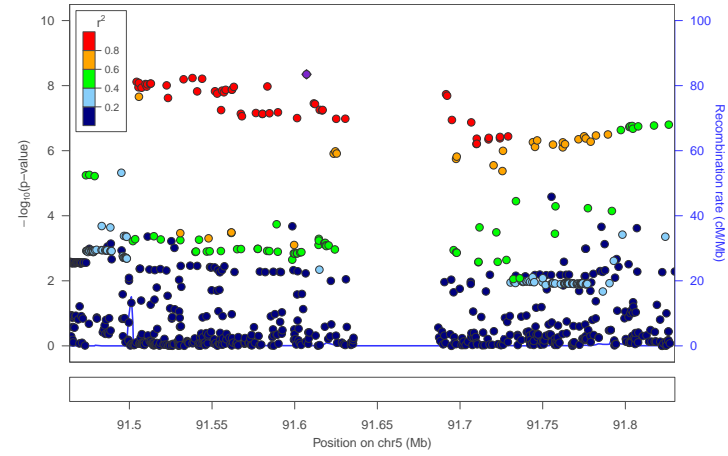
locus\_62



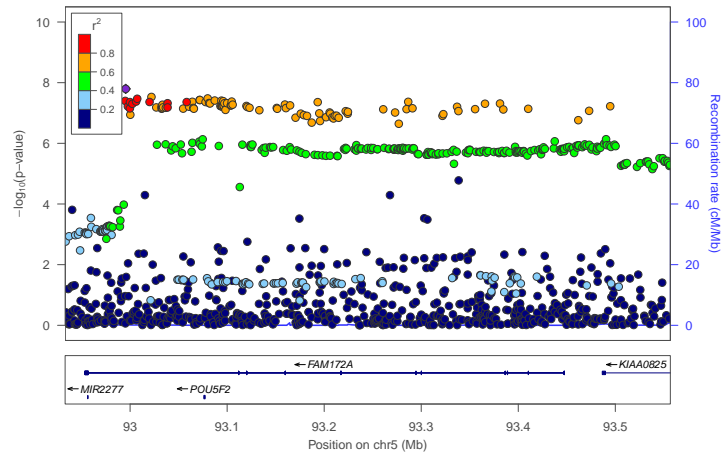
locus\_63



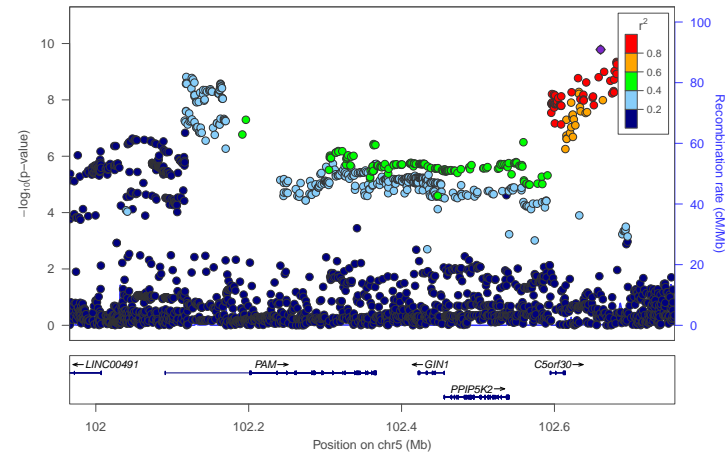
locus\_64



locus\_65

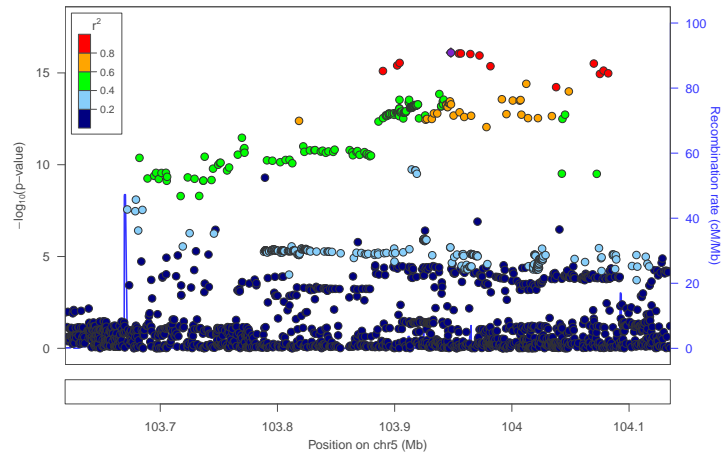


locus\_66

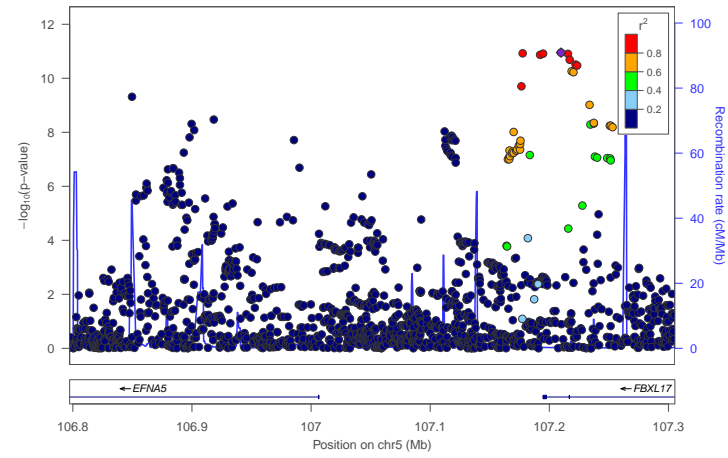




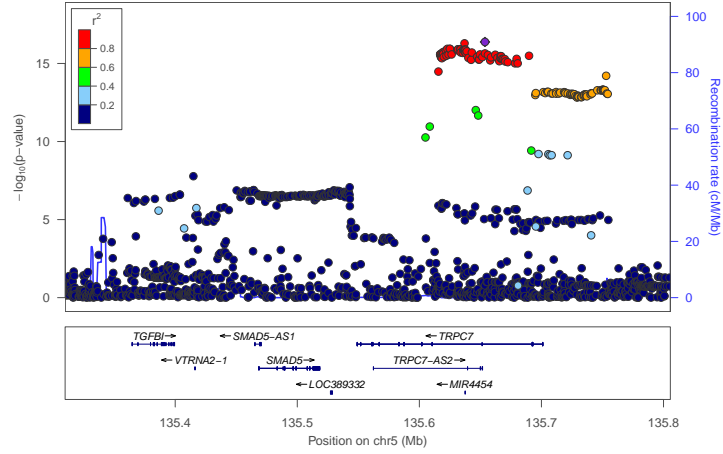
locus\_67



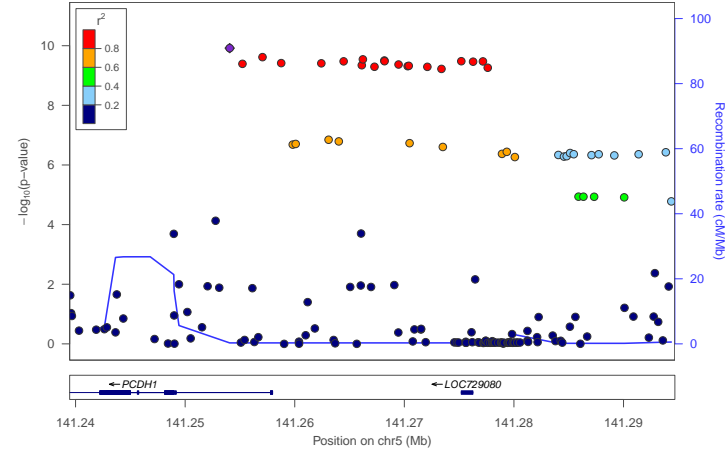
locus\_68



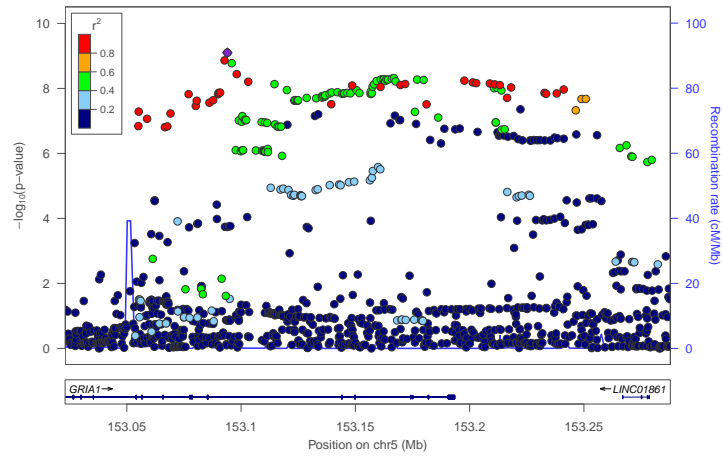
locus\_69



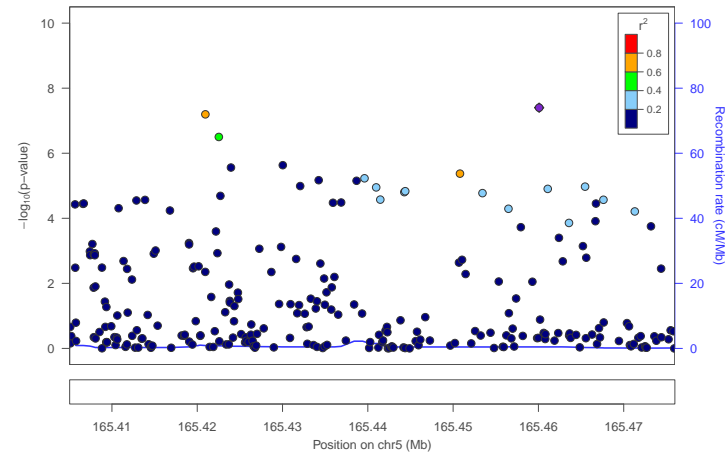
locus\_70



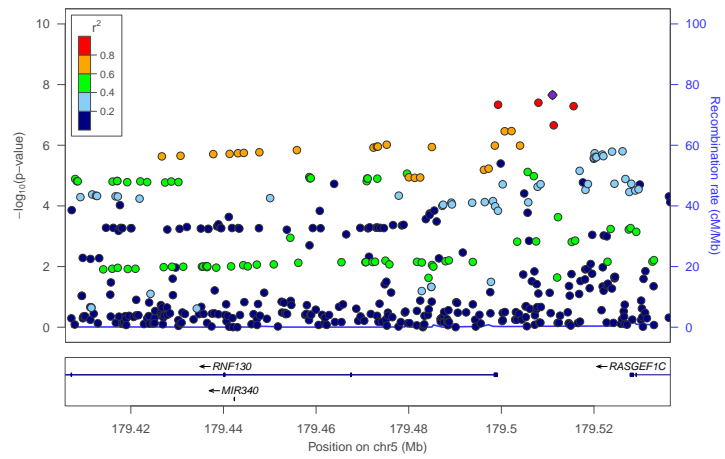
locus\_71



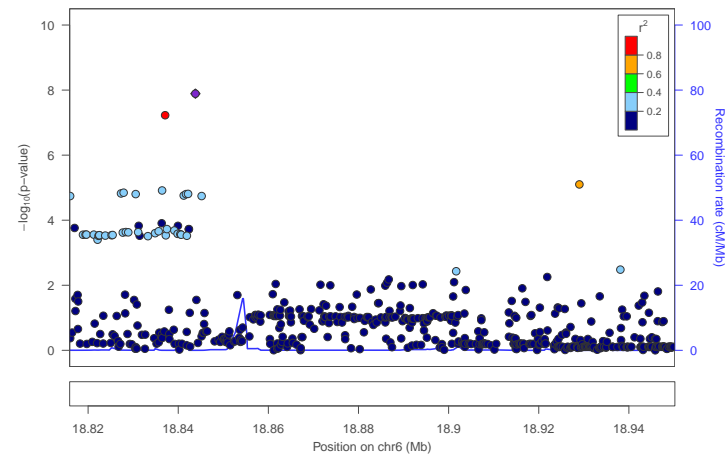
locus\_72



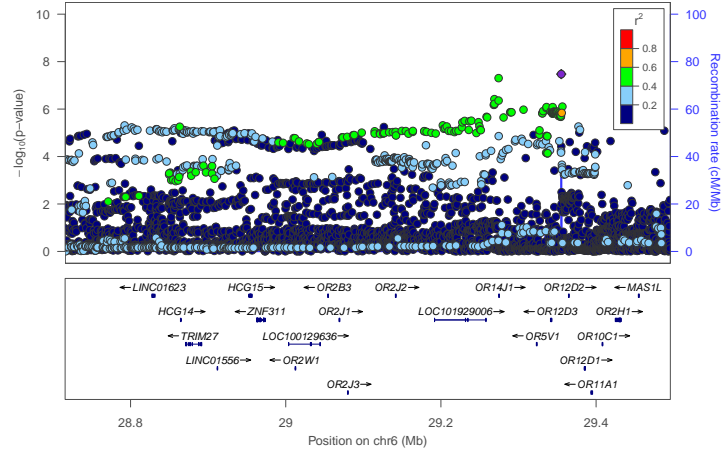
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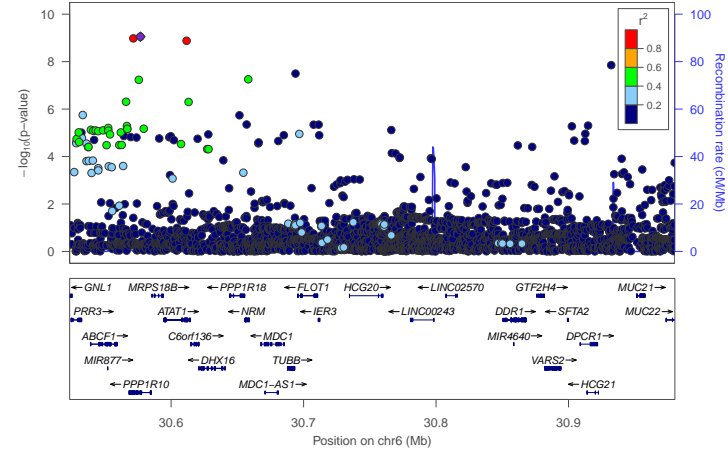
locus\_74



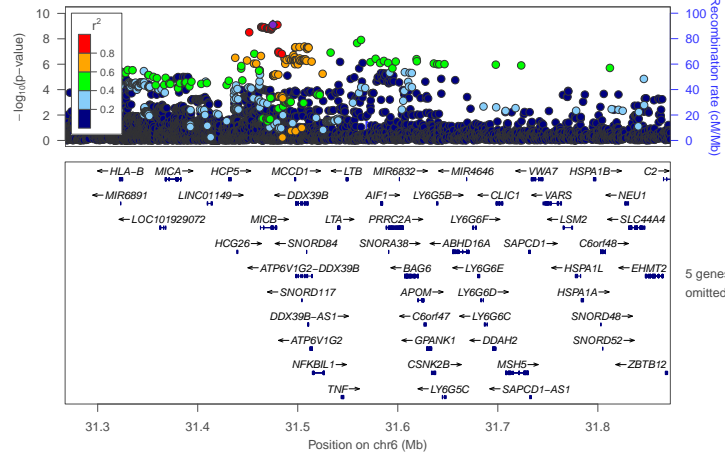
locus\_75



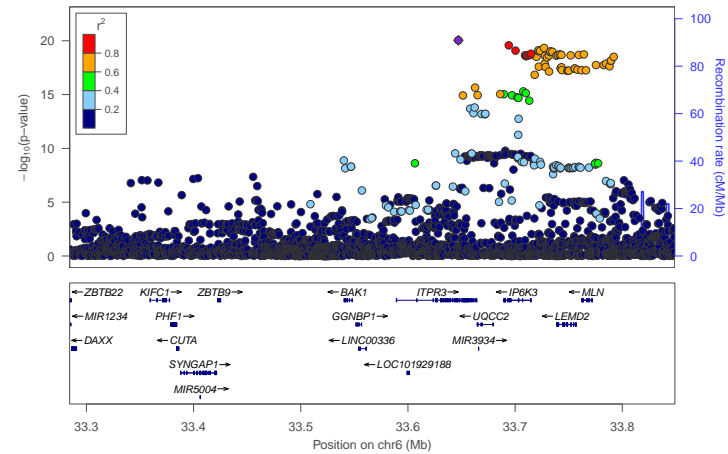
locus\_76



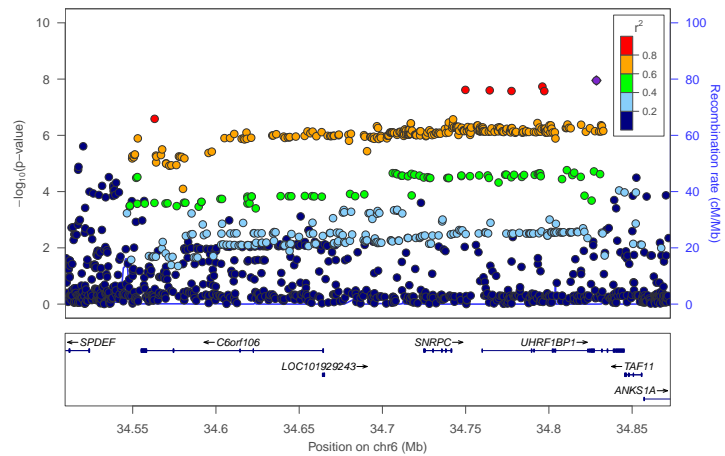
locus\_77



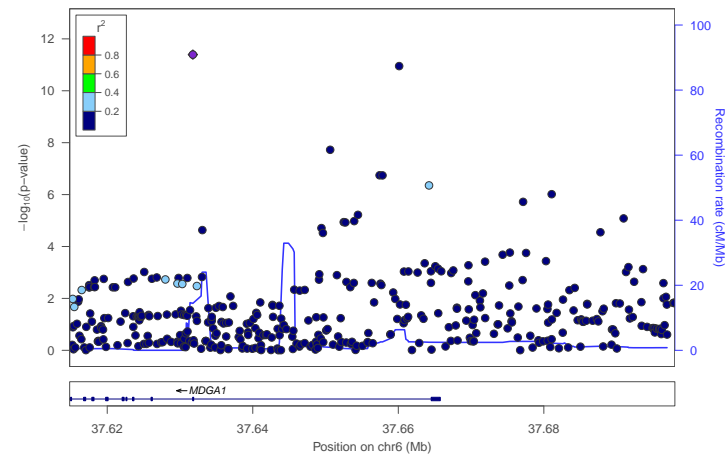
locus\_78



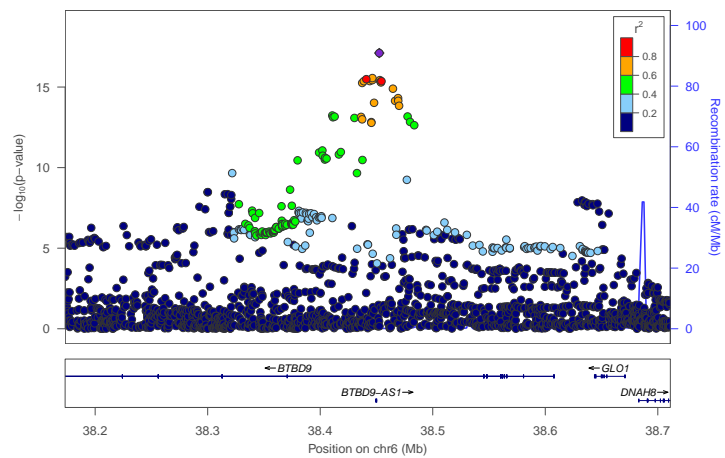
locus\_79



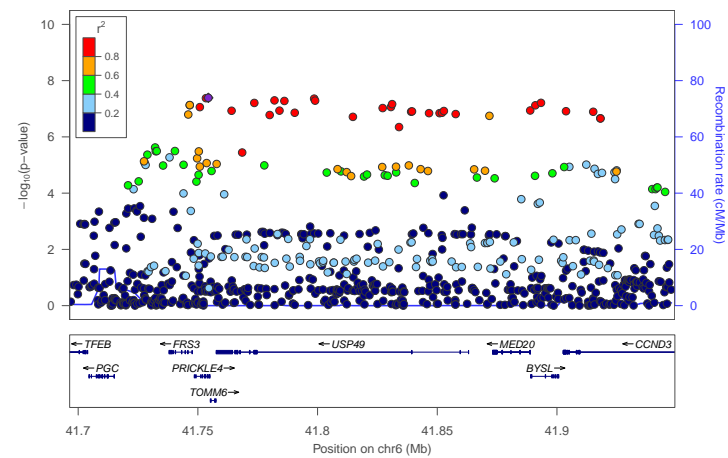
locus\_80



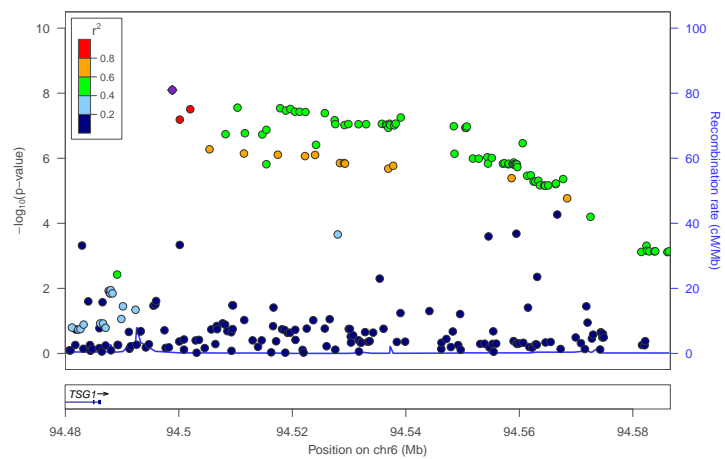
locus\_81



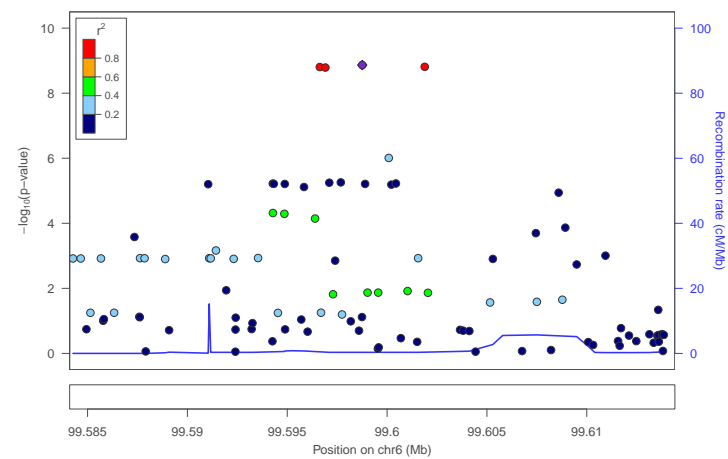
locus\_82



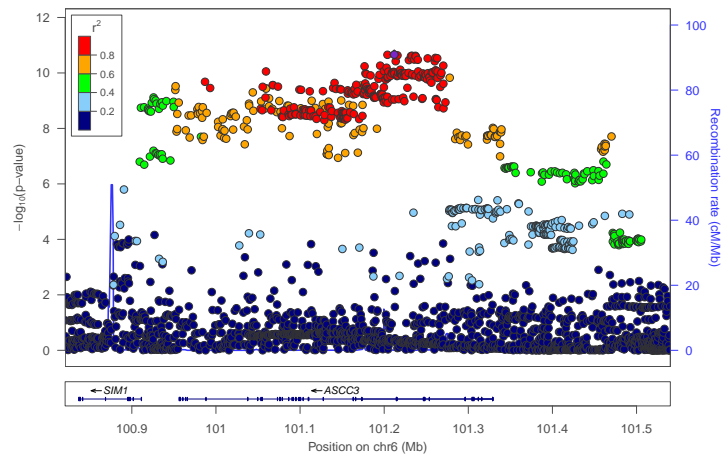
locus\_83



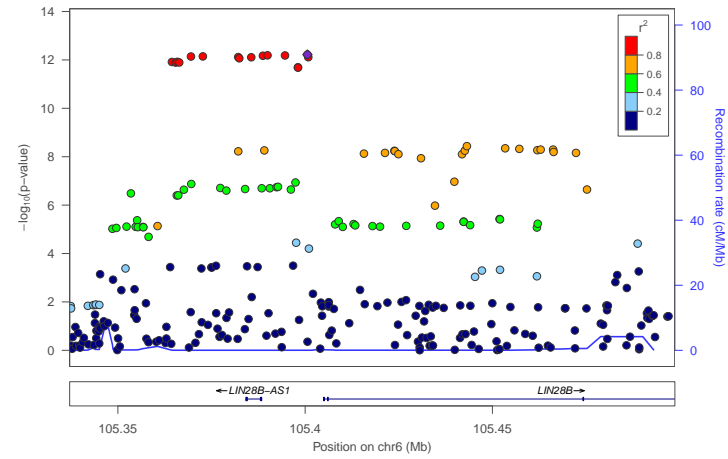
locus\_84



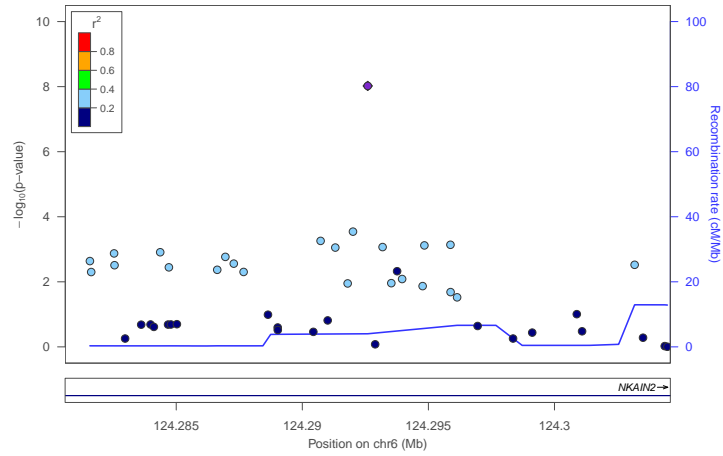
locus\_85



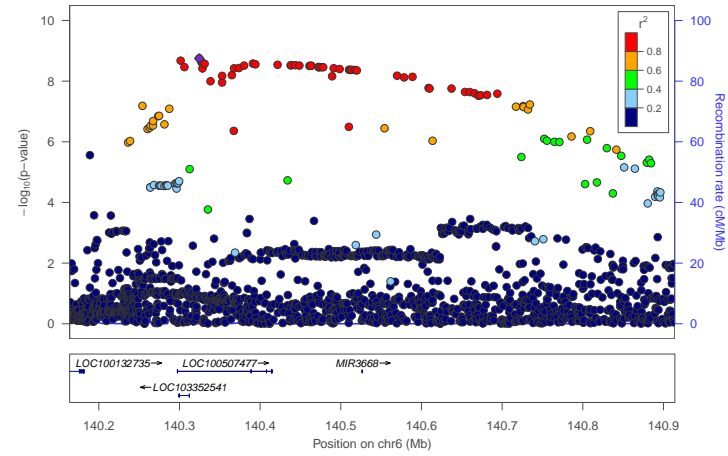
locus\_86



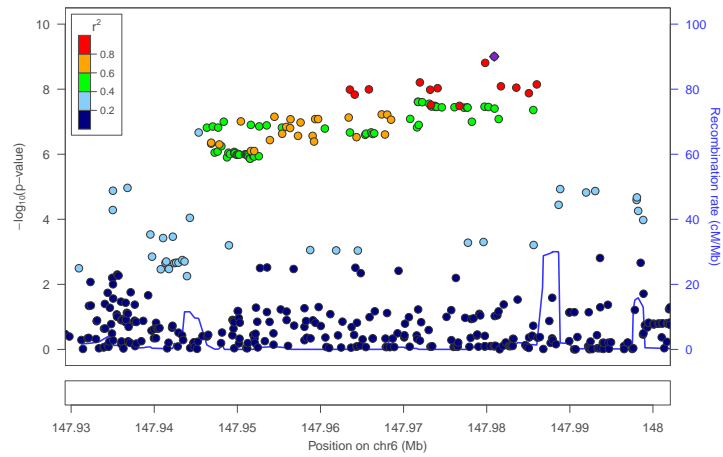
locus\_87



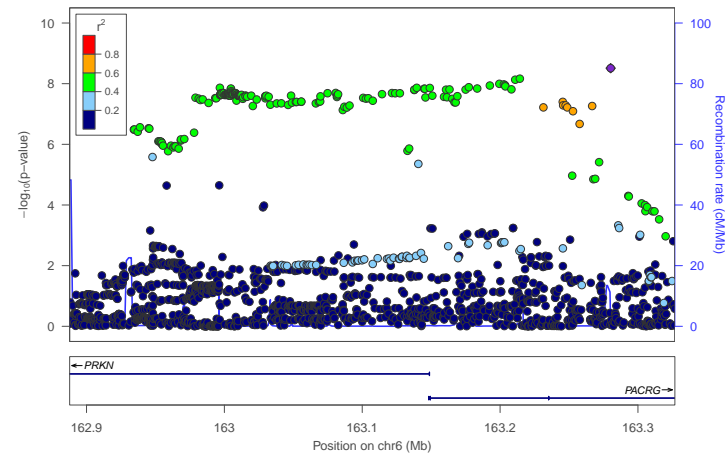
locus\_88



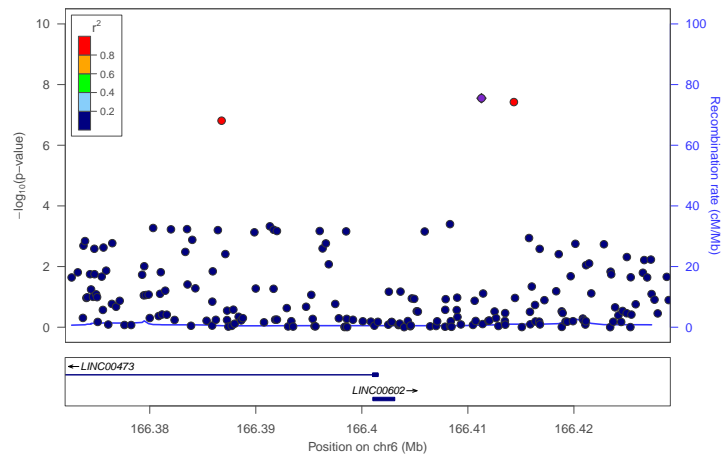
locus\_89



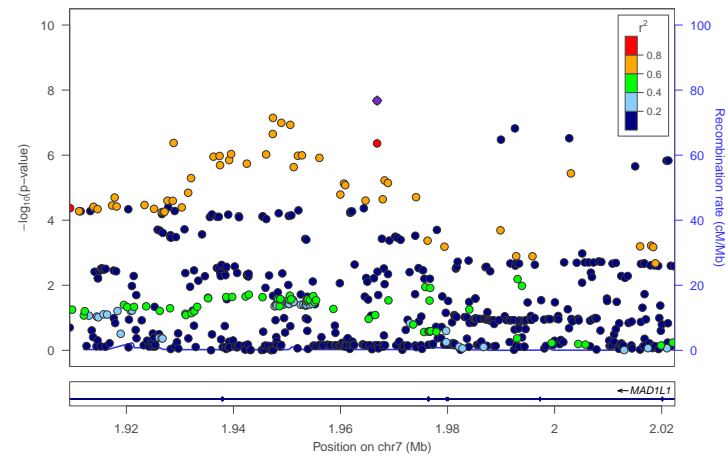
locus\_90



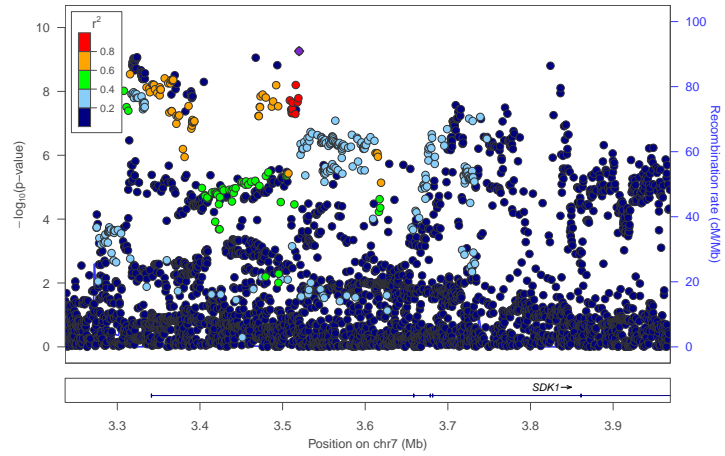
locus\_91



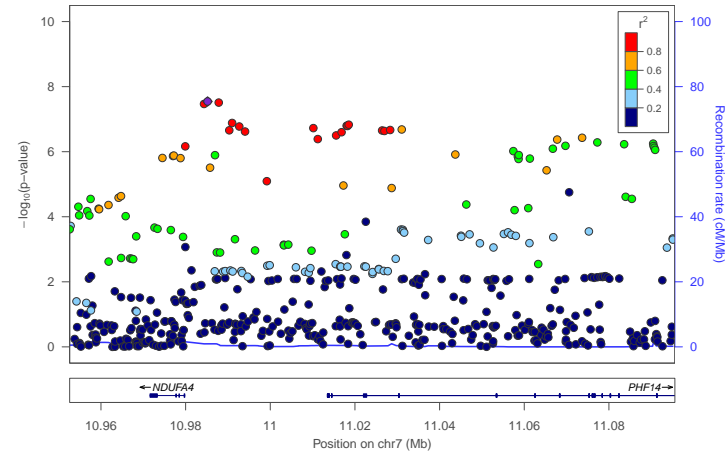
locus\_92



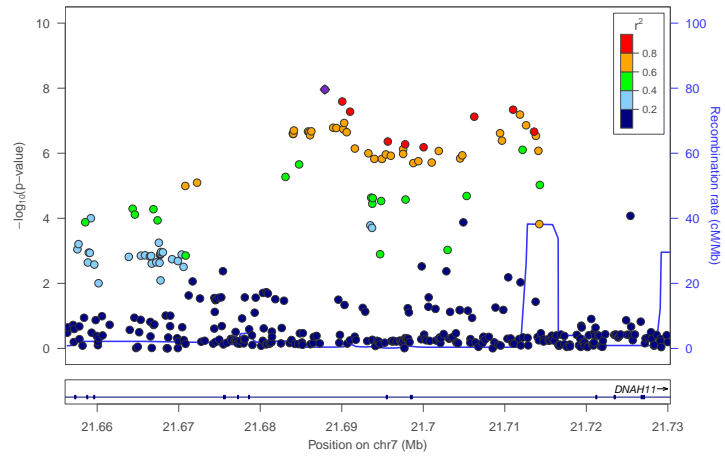
locus\_93



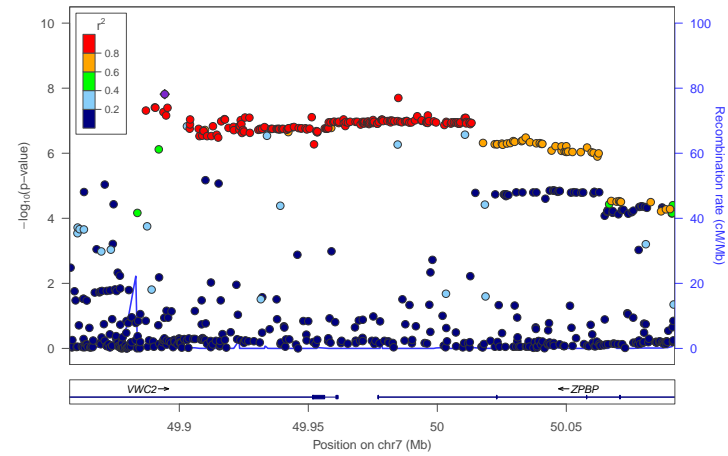
locus\_94



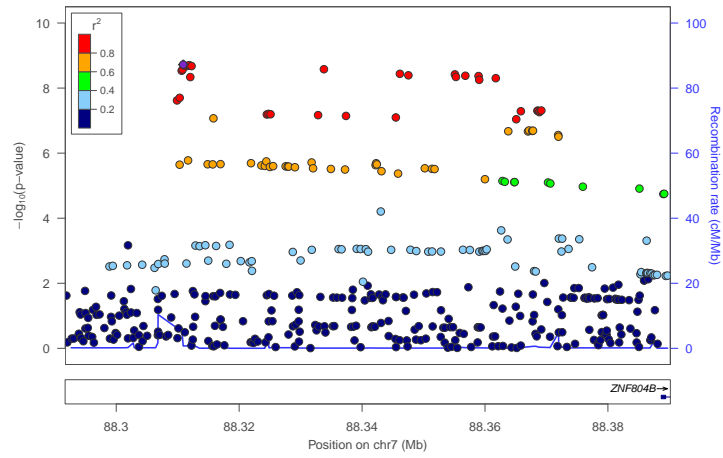
locus\_95



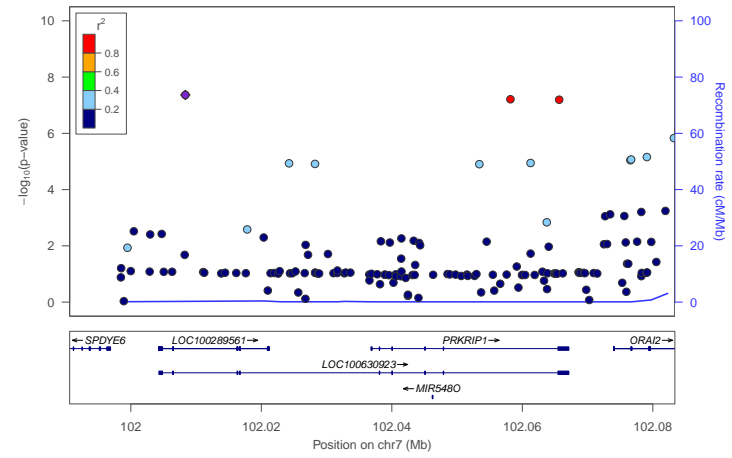
locus\_96



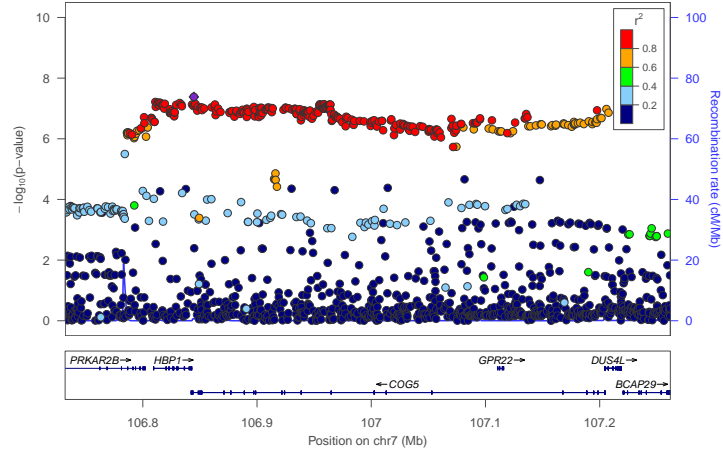
locus\_97



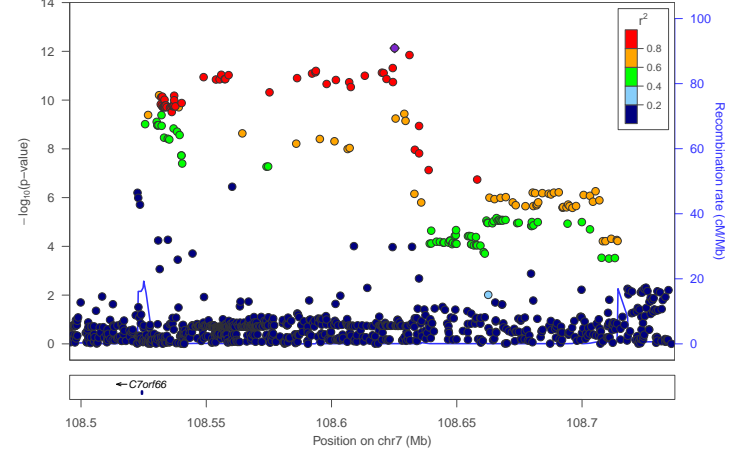
locus\_98



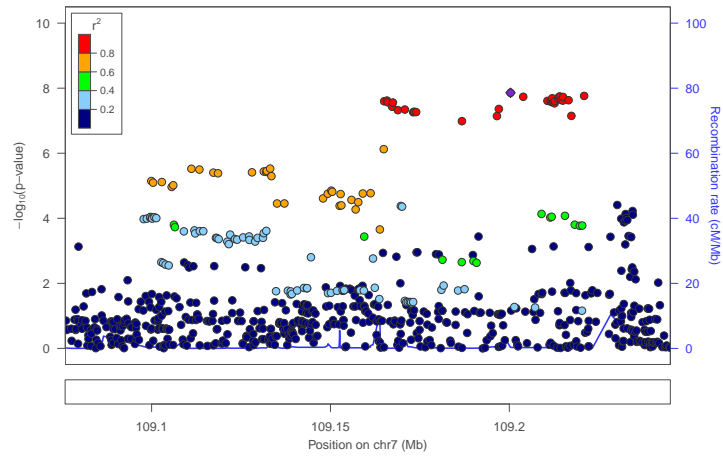
locus\_99



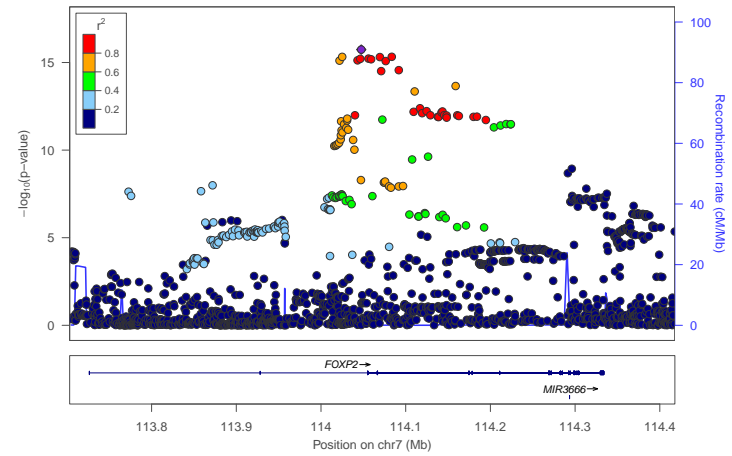
locus\_100



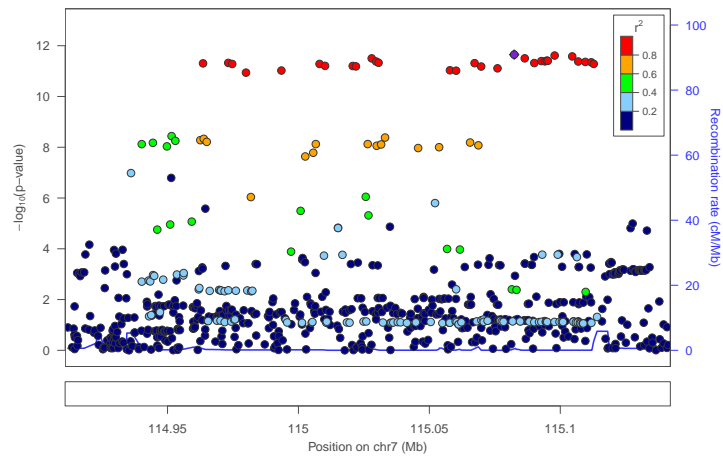
locus\_101



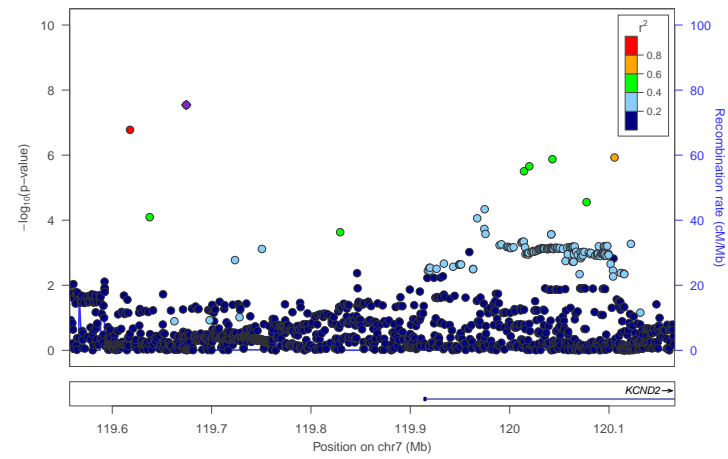
locus\_102



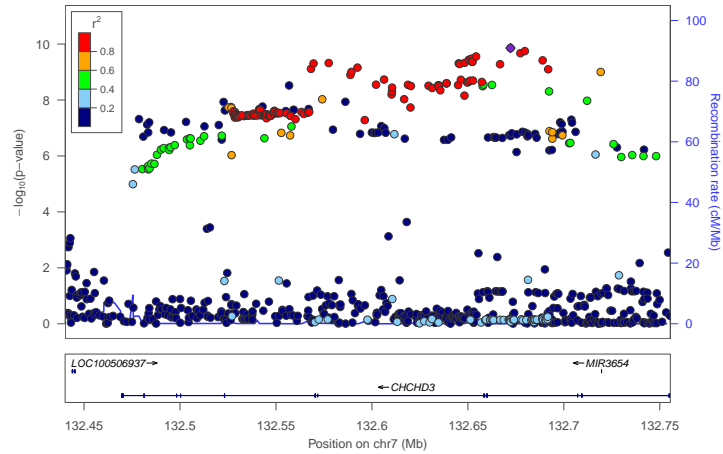
locus\_103



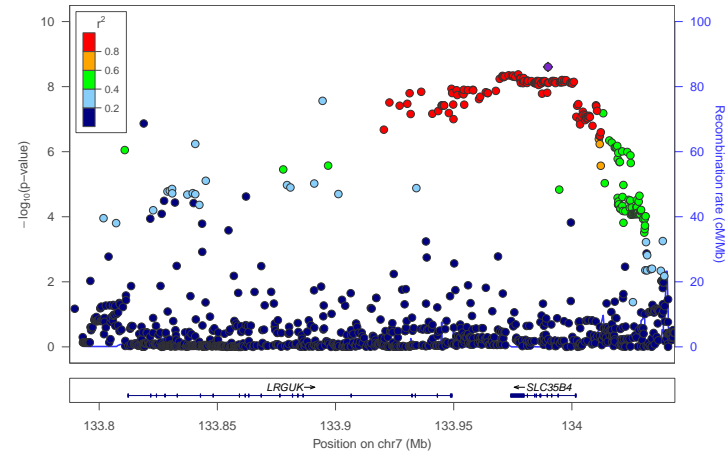
locus\_104



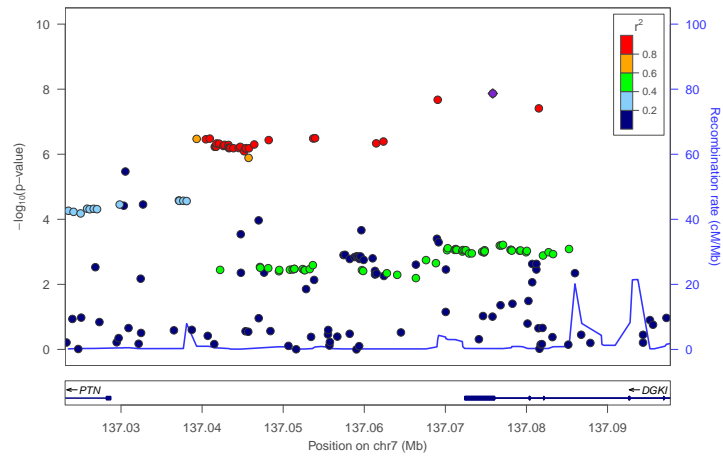
locus\_105



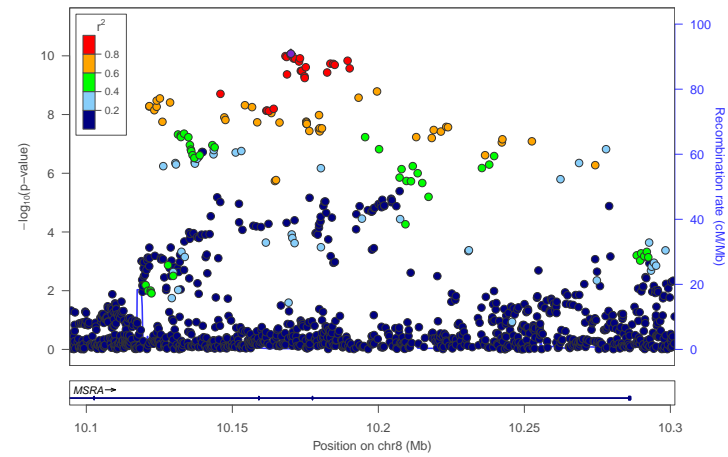
locus\_106



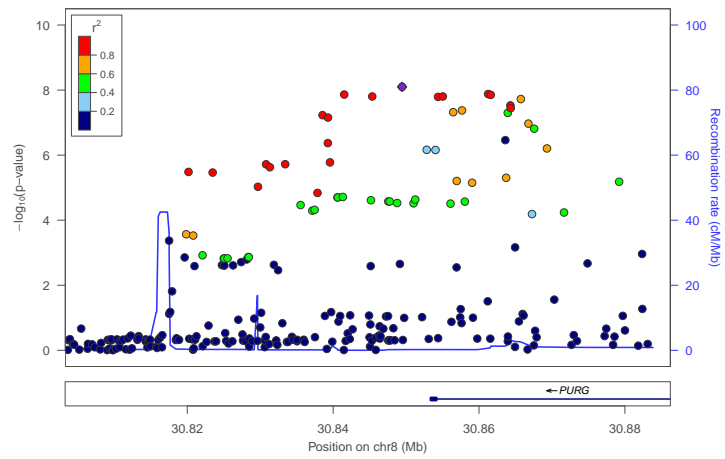
locus\_107



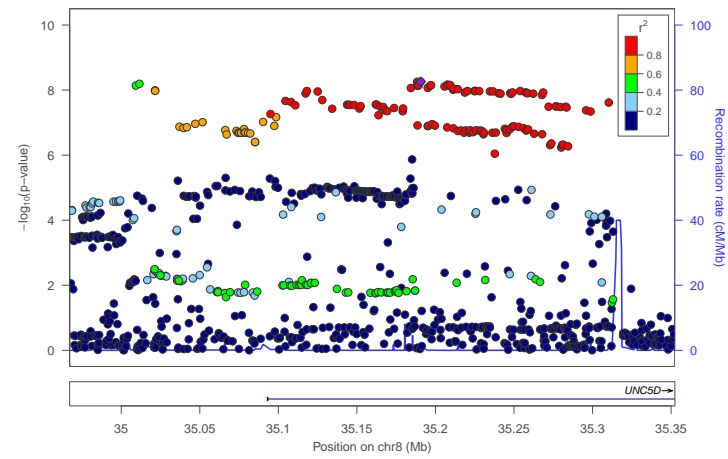
locus\_108



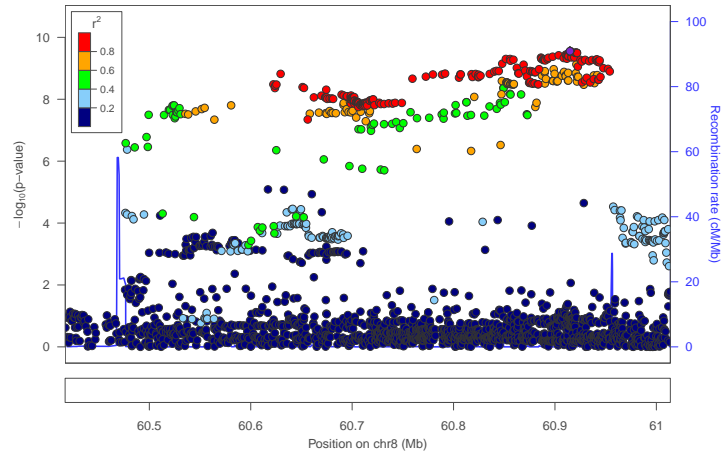
locus\_109



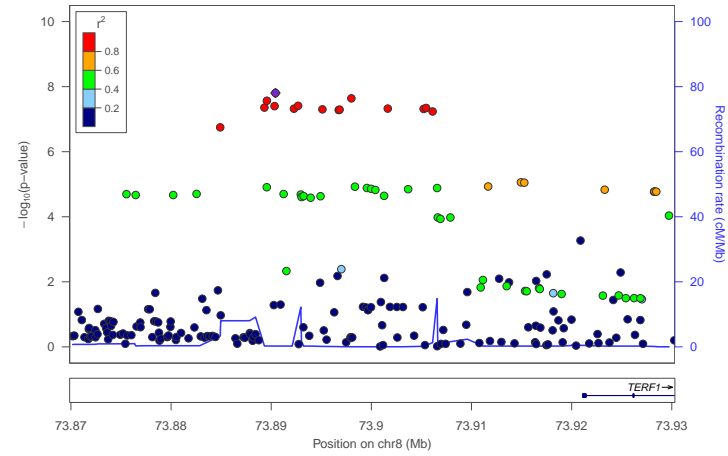
locus\_110



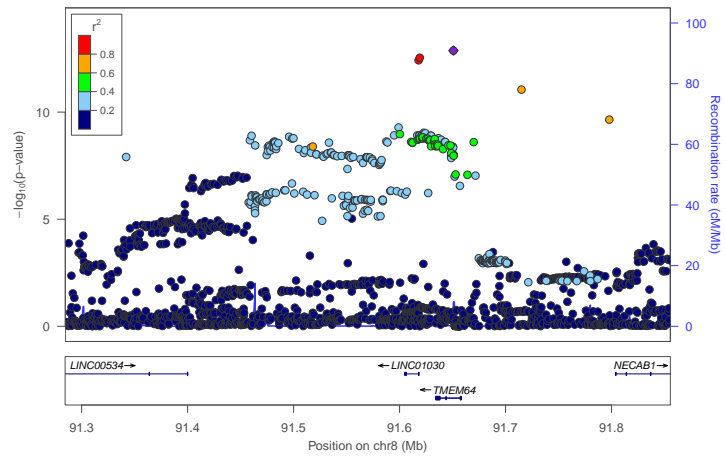
locus\_111



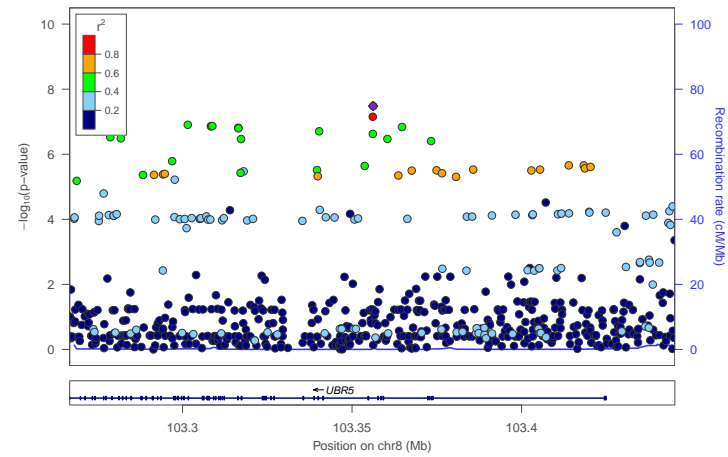
locus\_112



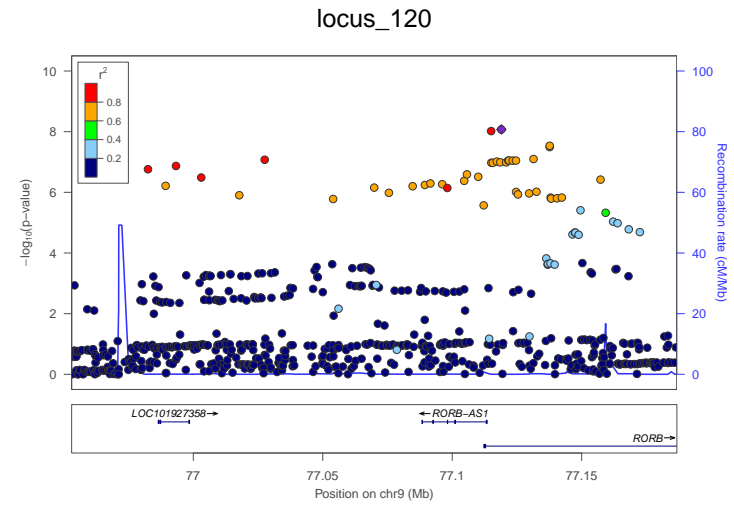
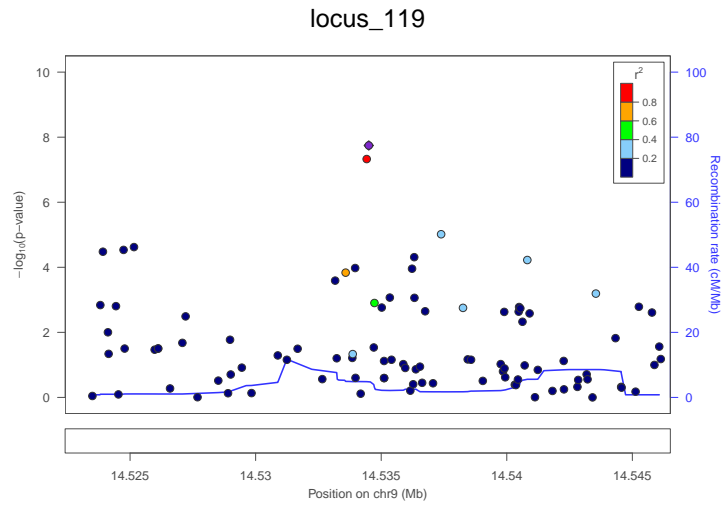
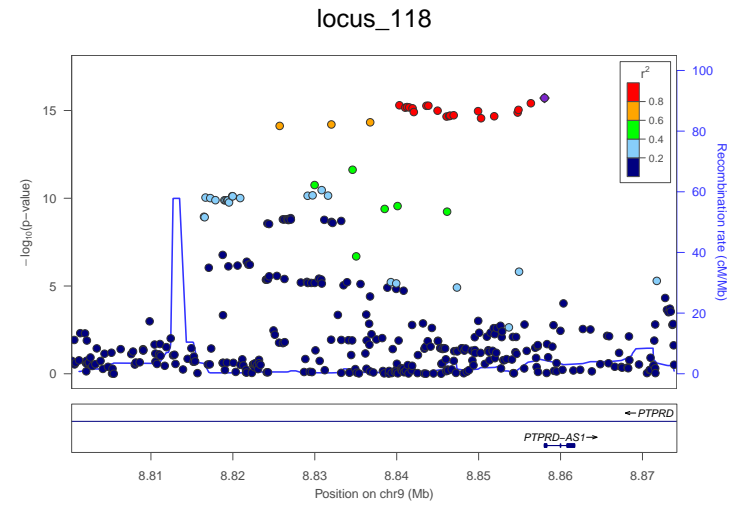
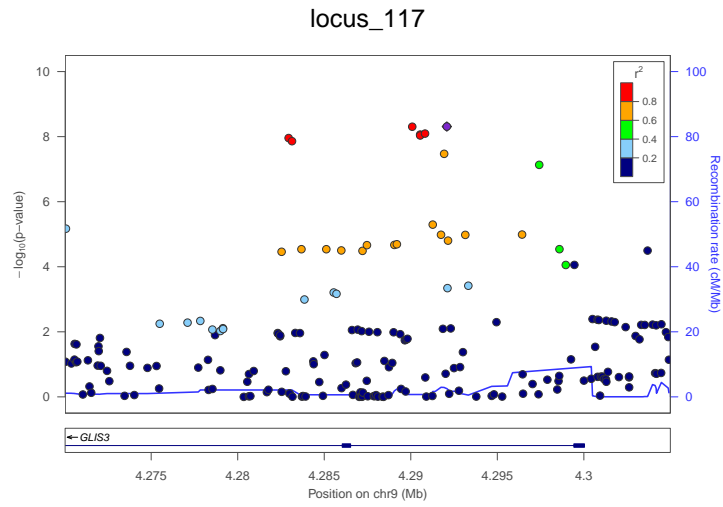
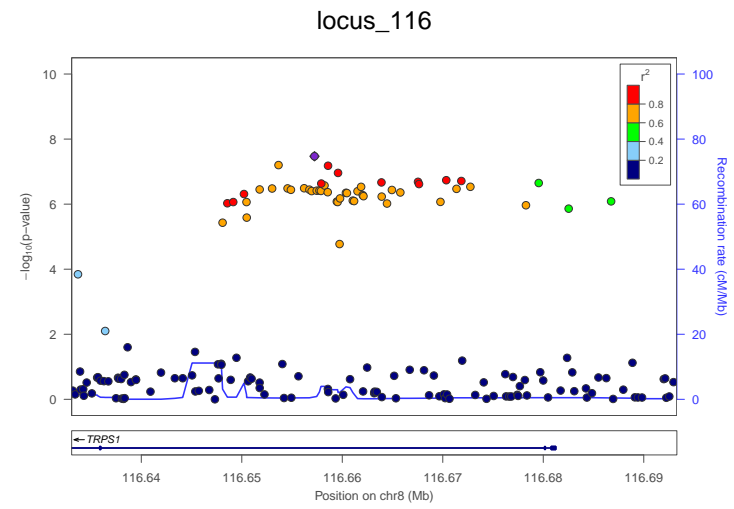
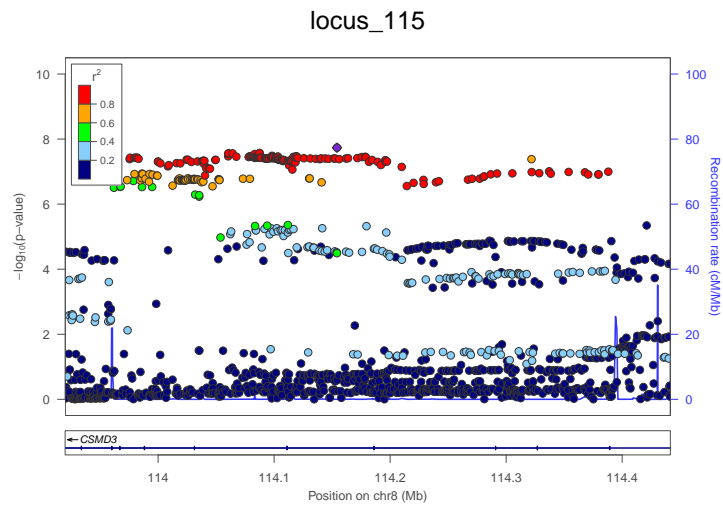
locus\_113

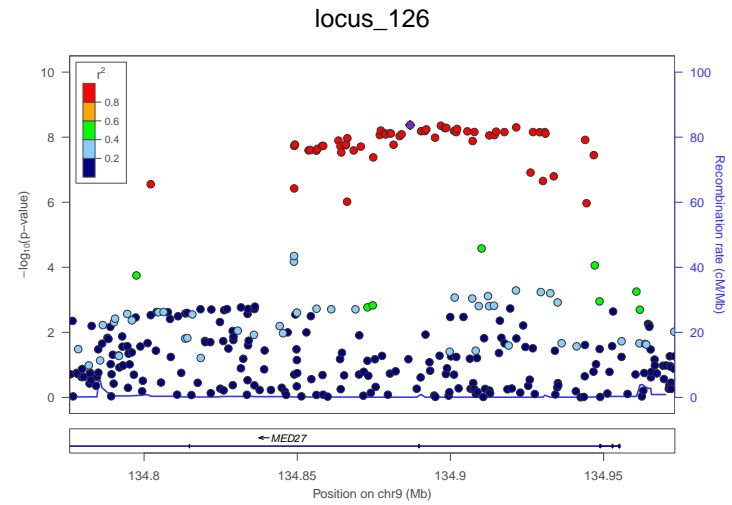
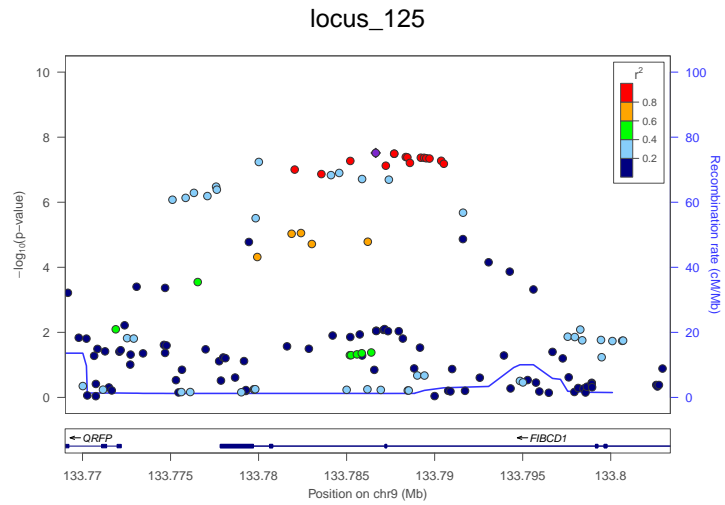
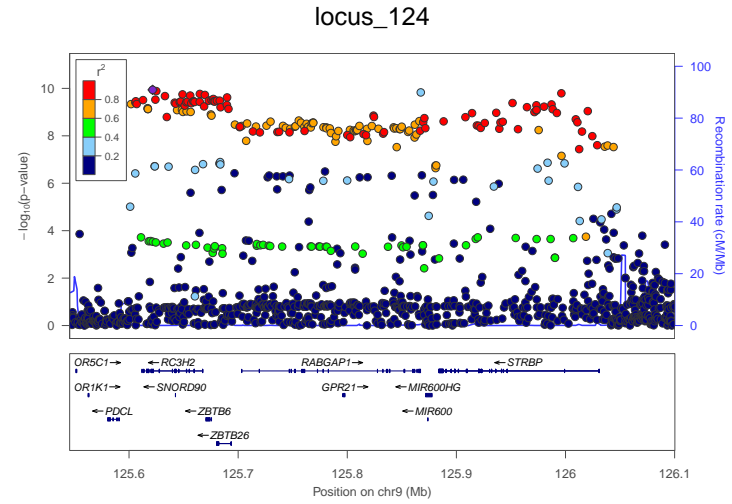
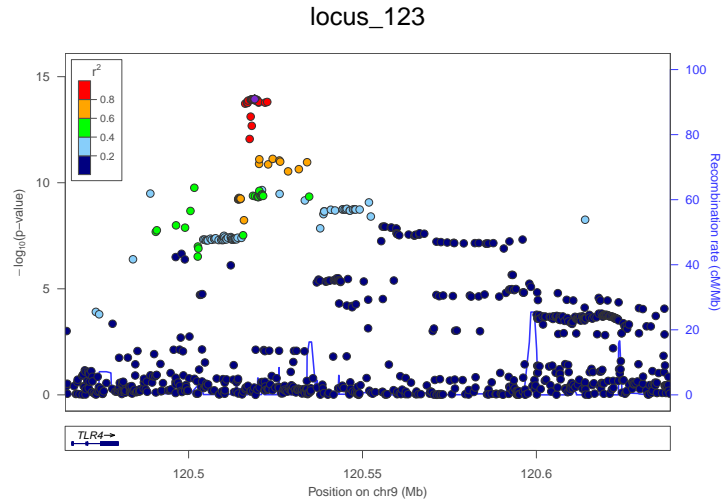
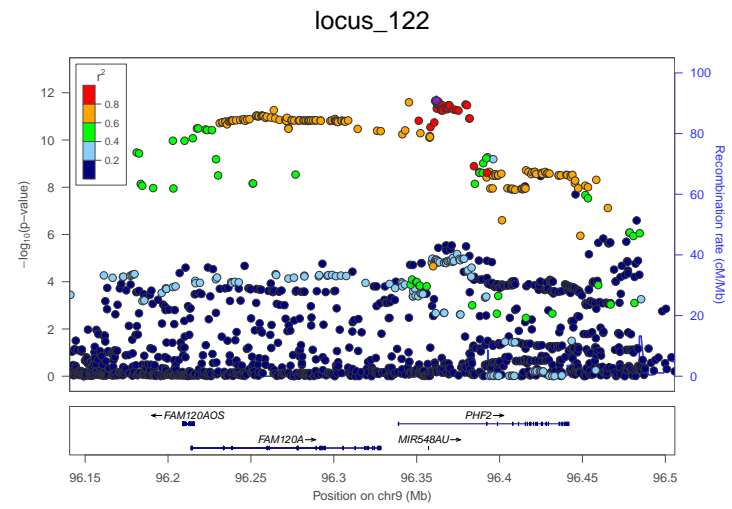
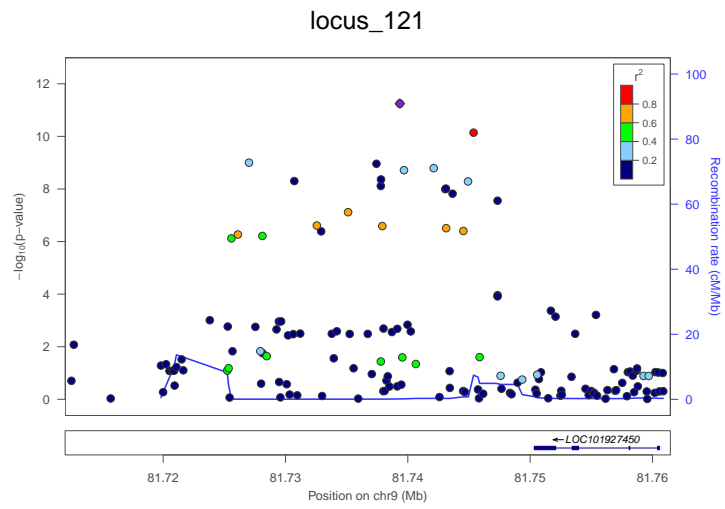


locus\_114

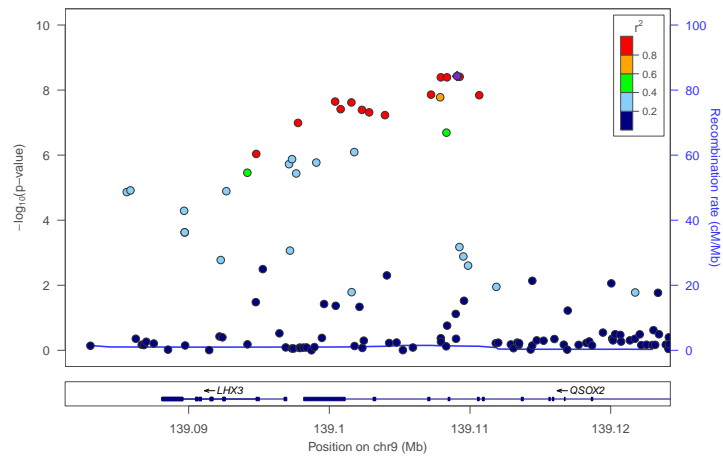




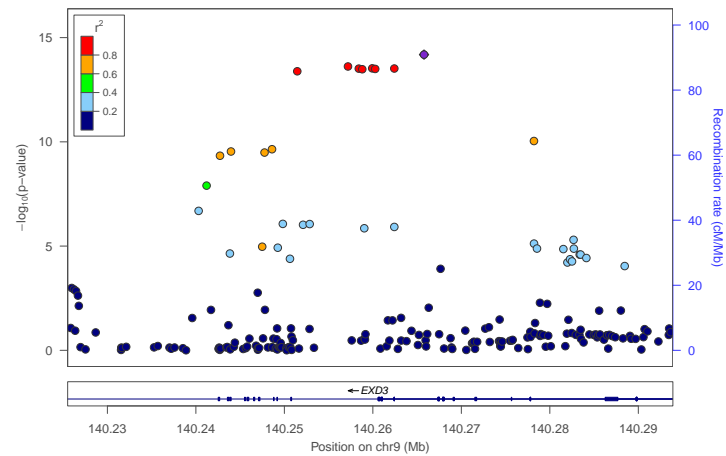




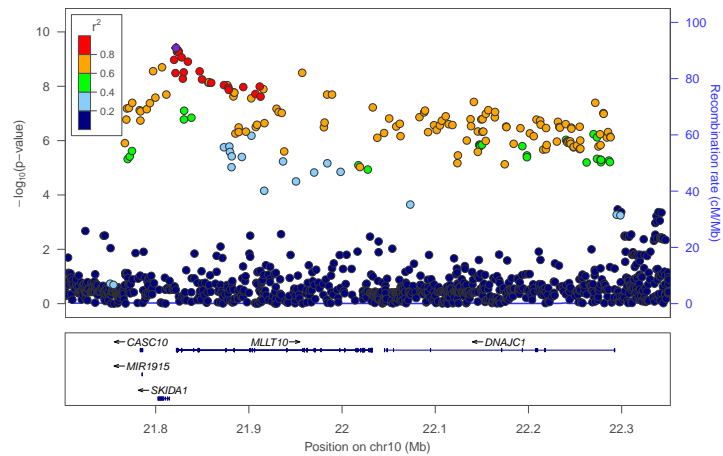
locus\_127



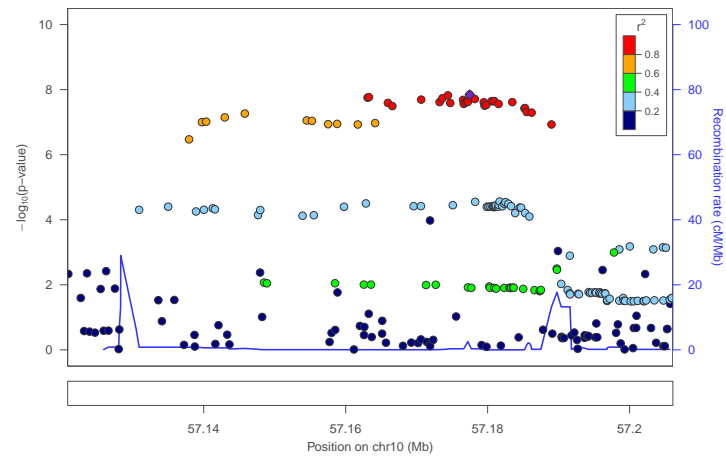
locus\_128



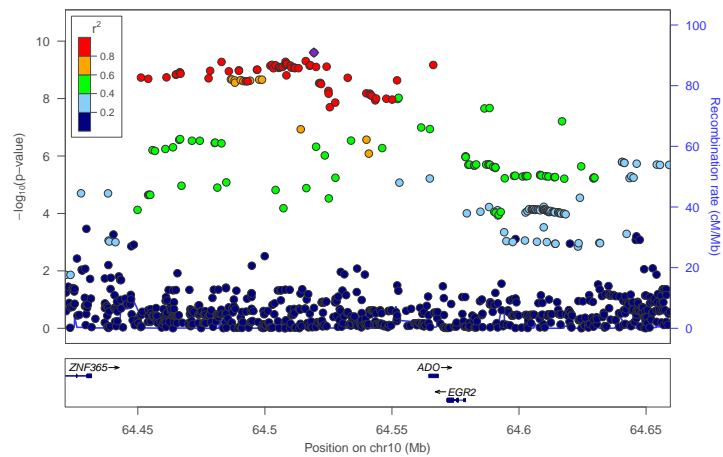
locus\_129



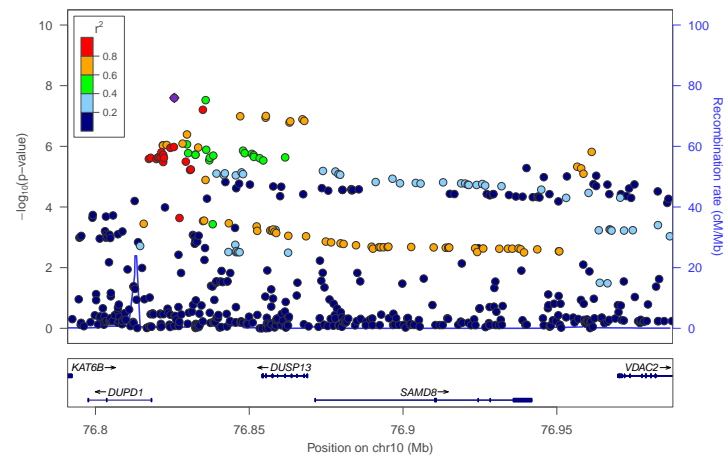
locus\_130



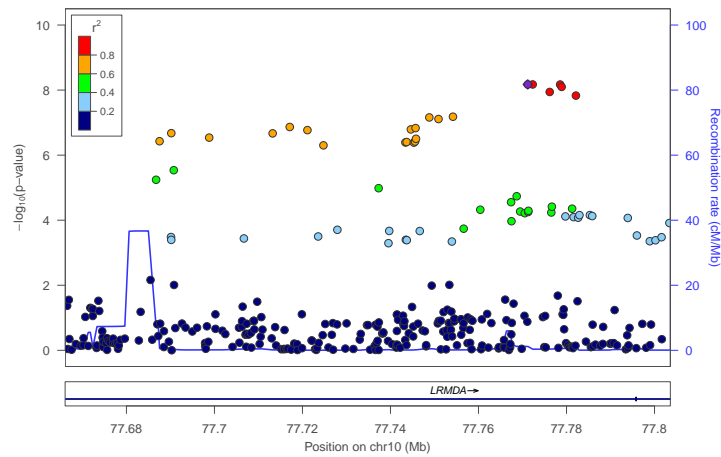
locus\_131



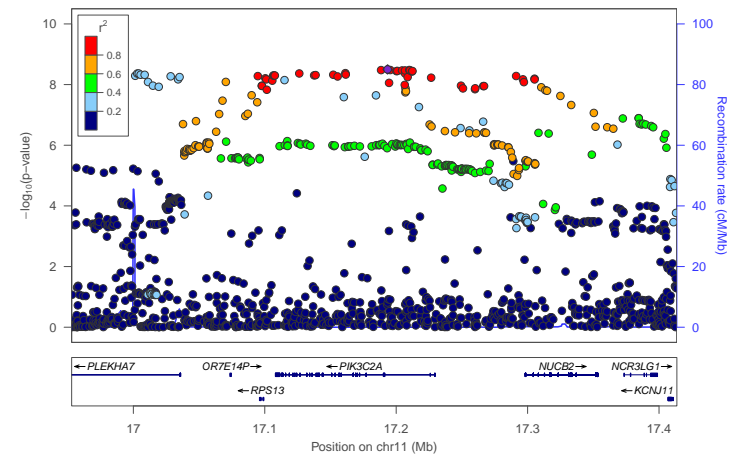
locus\_132



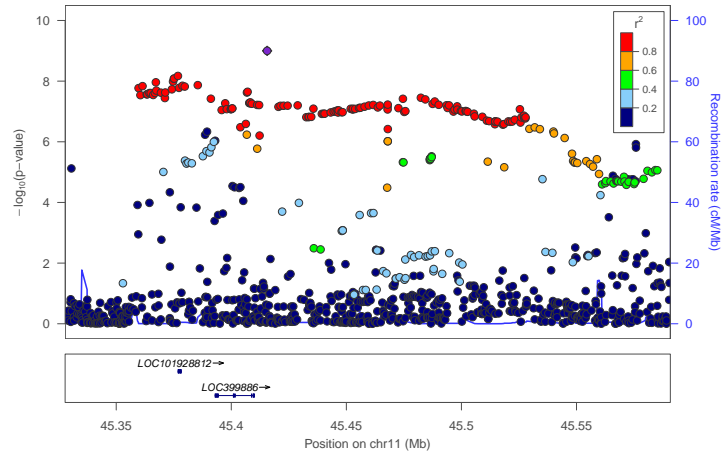
locus\_133



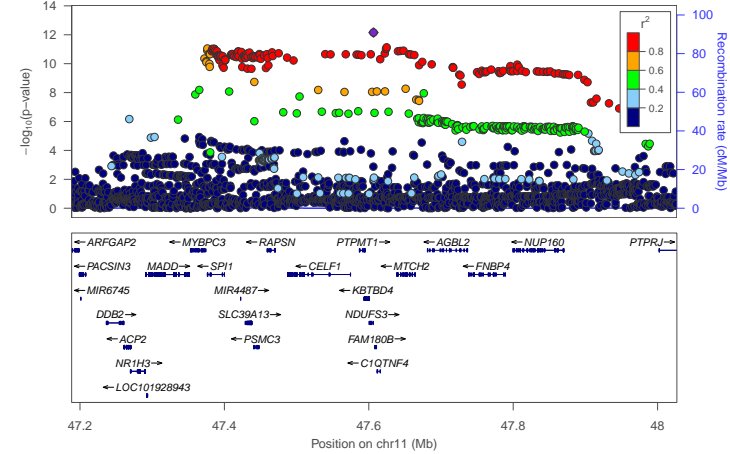
locus\_134



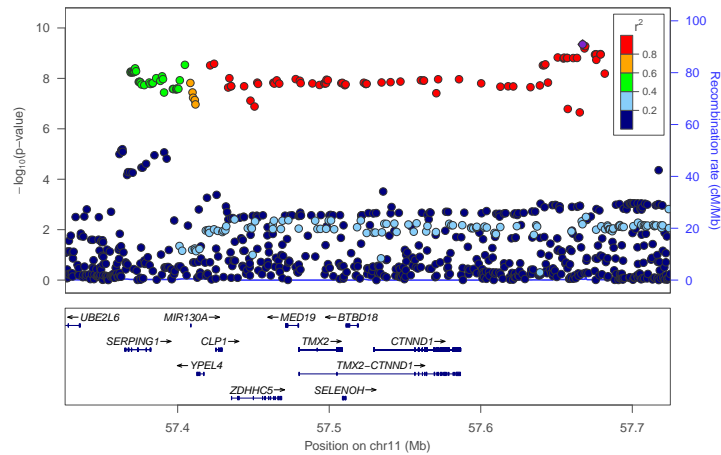
locus\_135



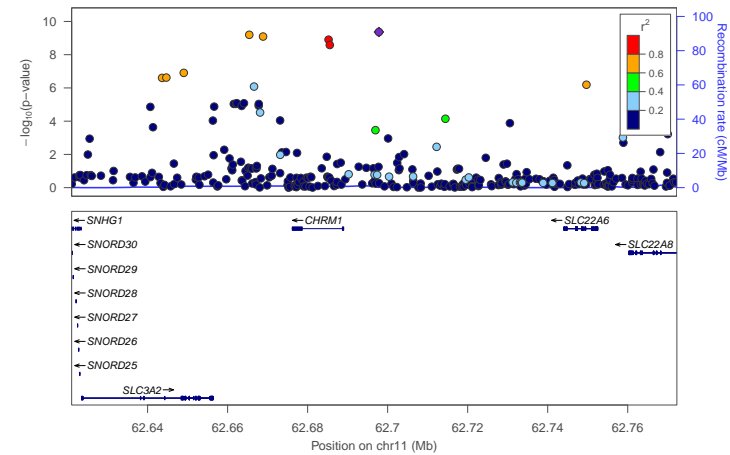
locus\_136



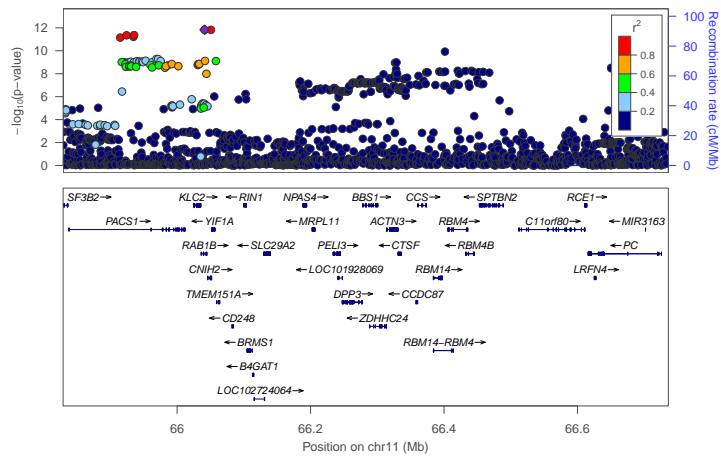
locus\_137



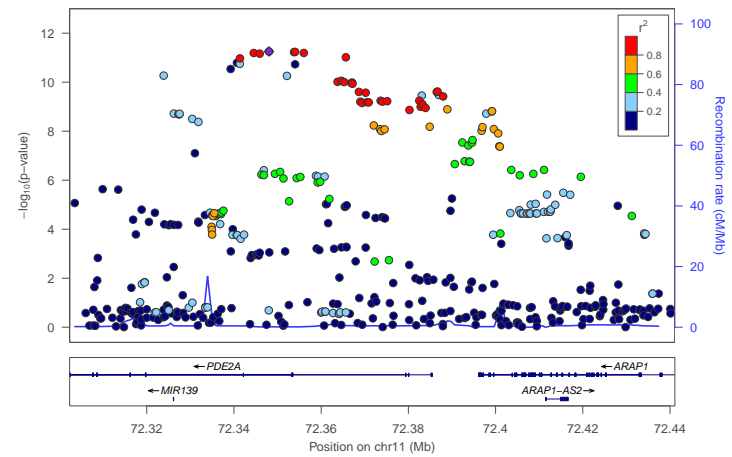
locus\_138



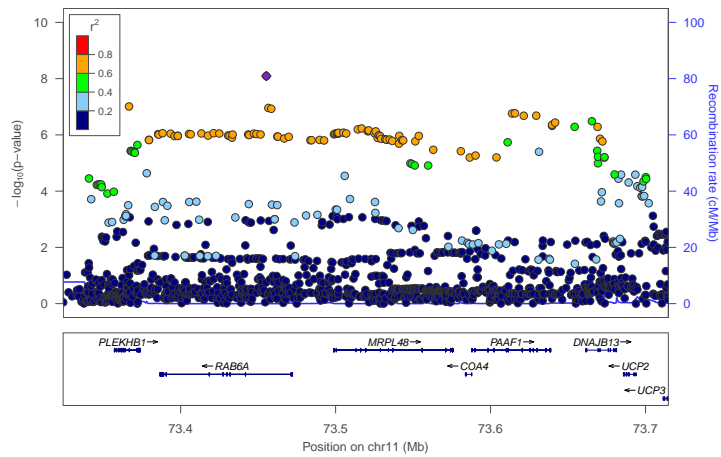
locus\_139



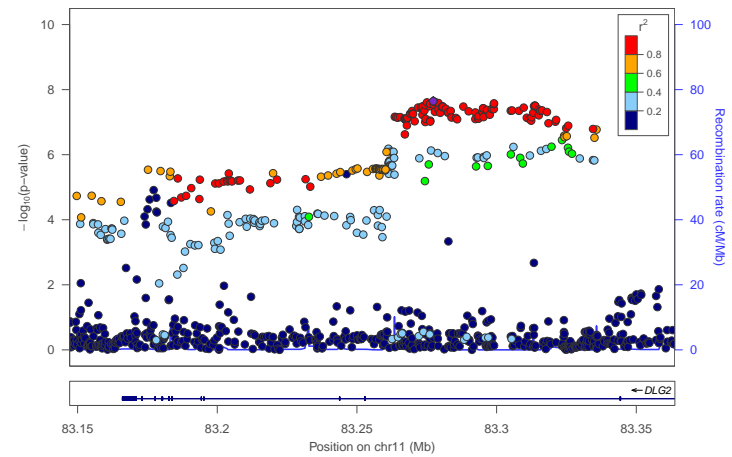
locus\_140



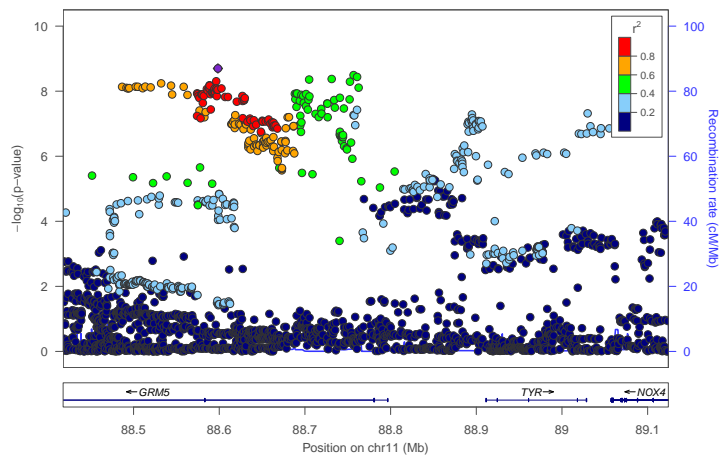
locus\_141



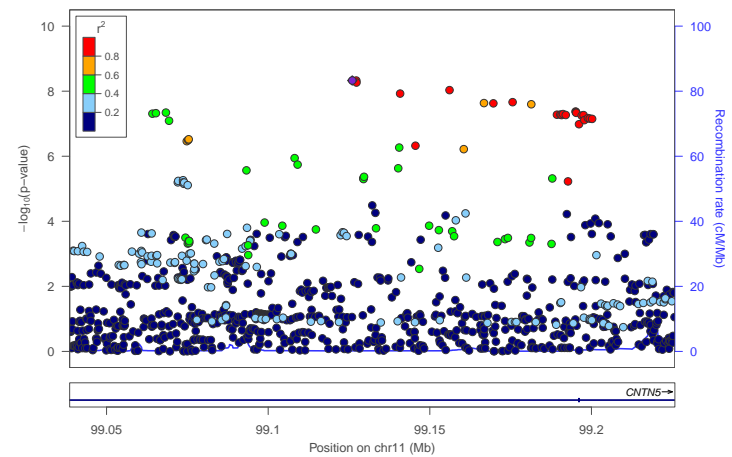
locus\_142



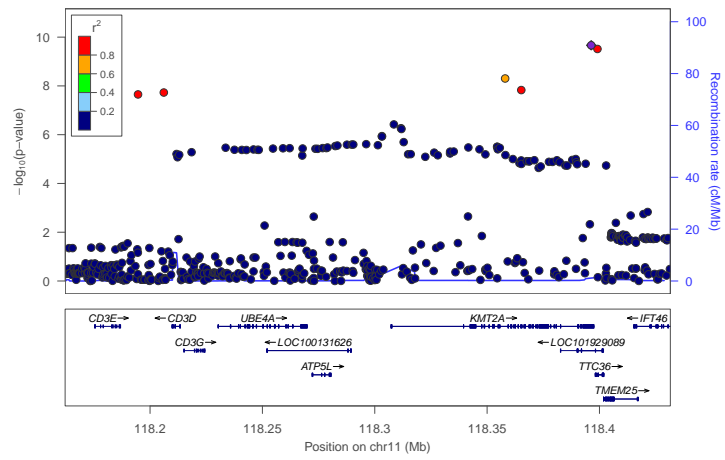
locus\_143



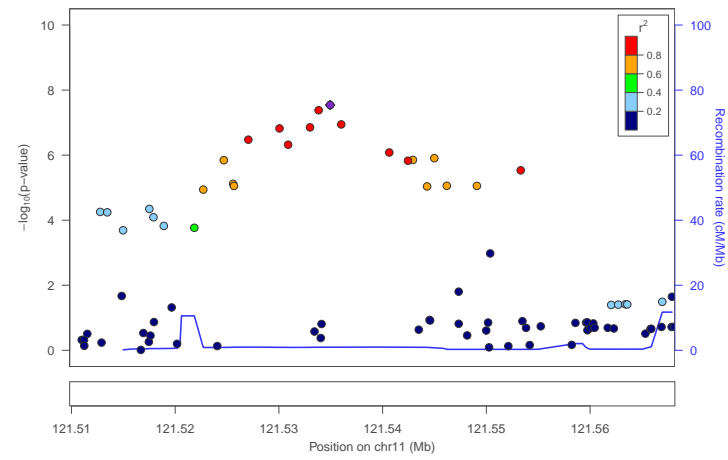
locus\_144



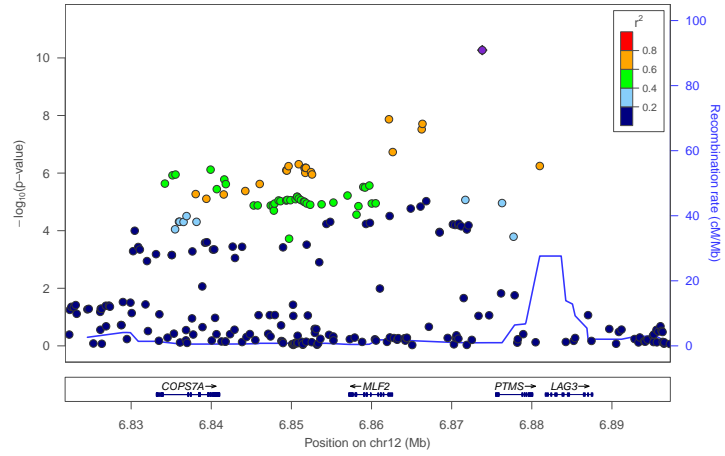
locus\_145



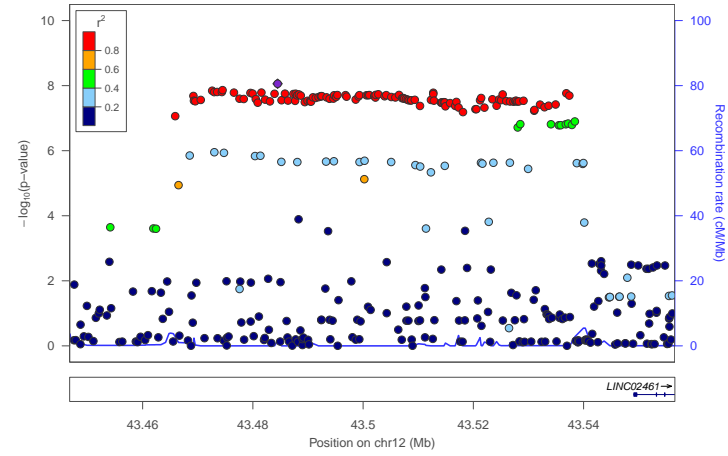
locus\_146



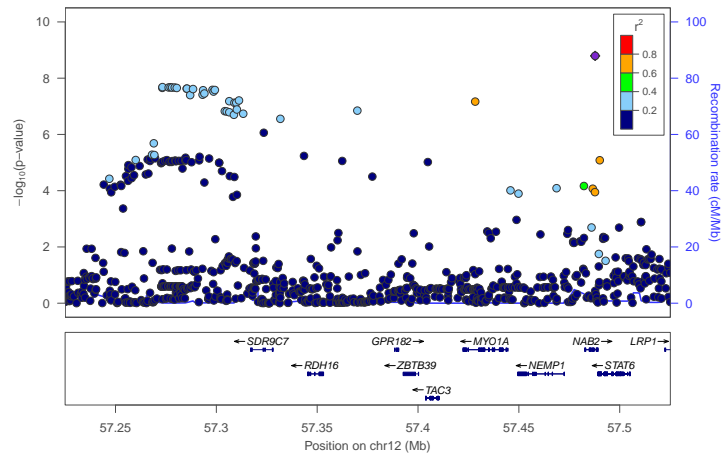
locus\_147



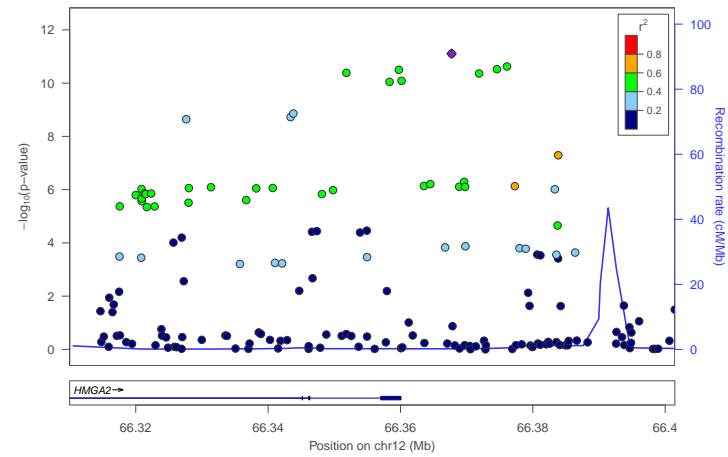
locus\_148



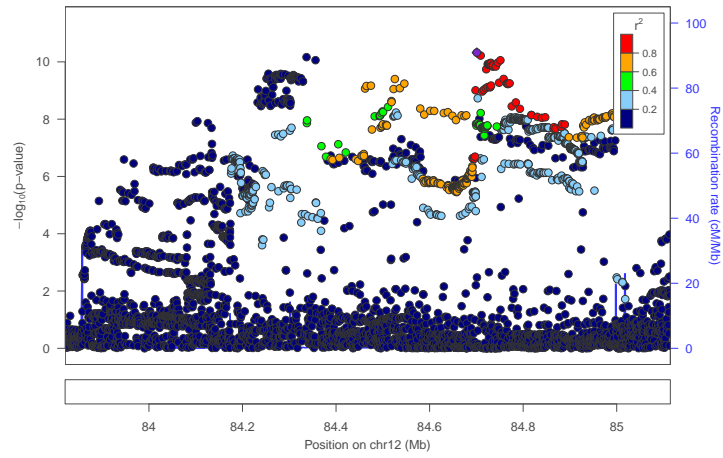
locus\_149



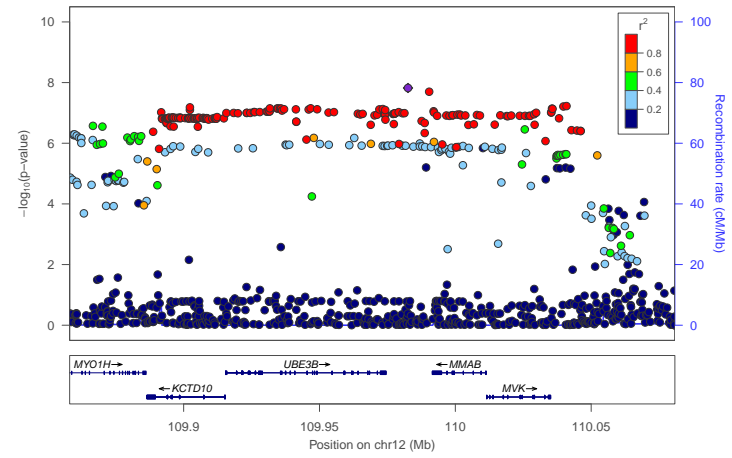
locus\_150



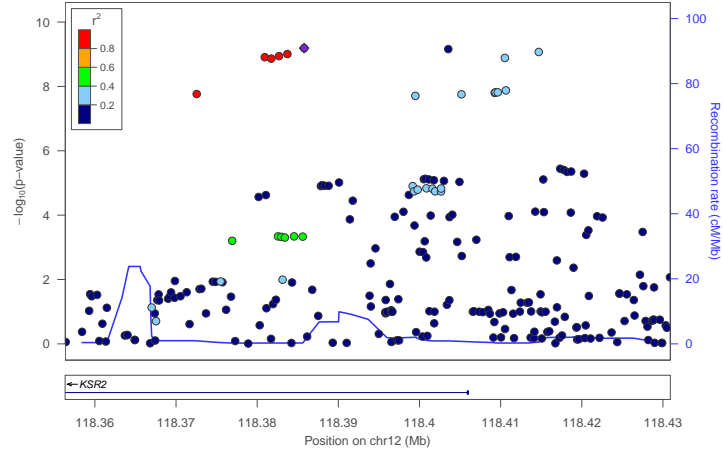
locus\_151



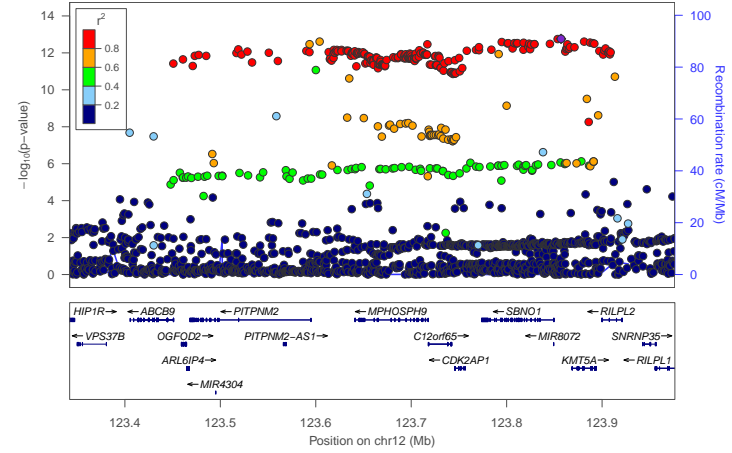
locus\_152



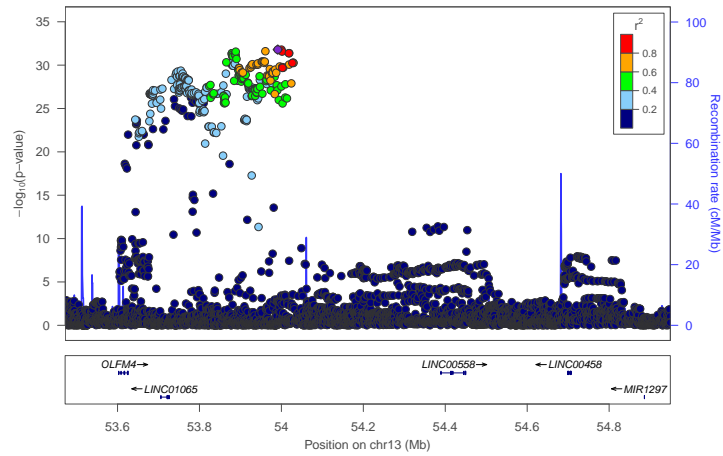
locus\_153



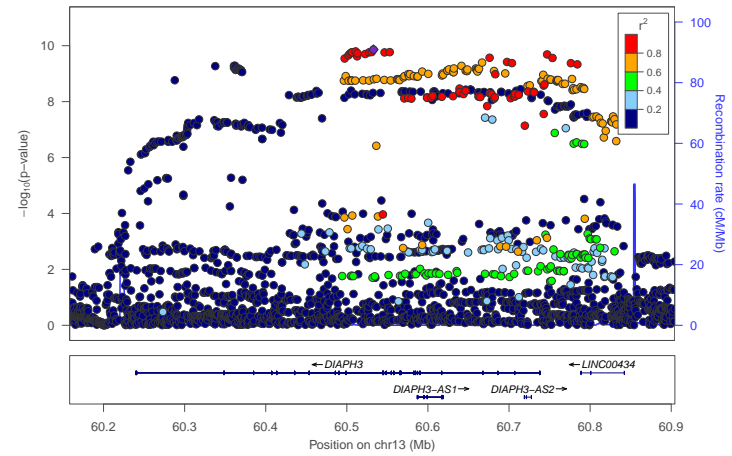
locus\_154



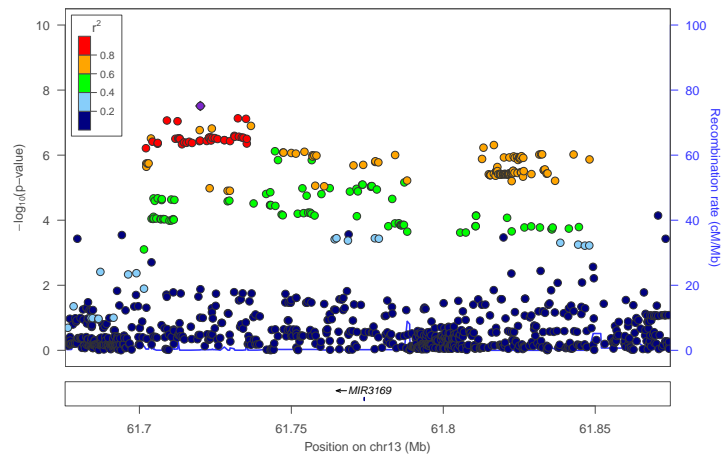
locus\_155



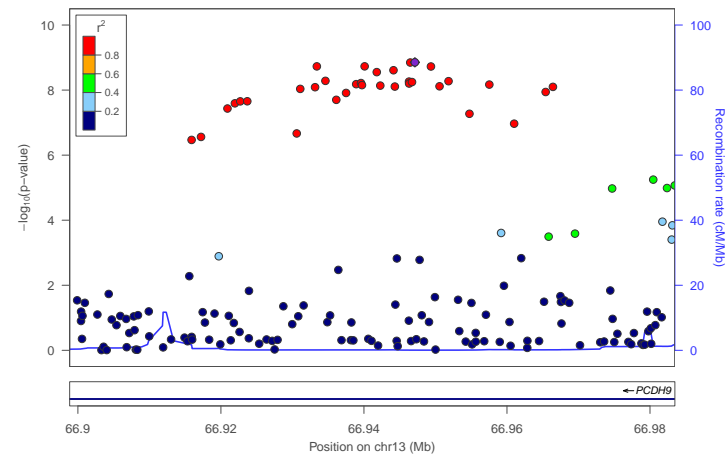
locus\_156



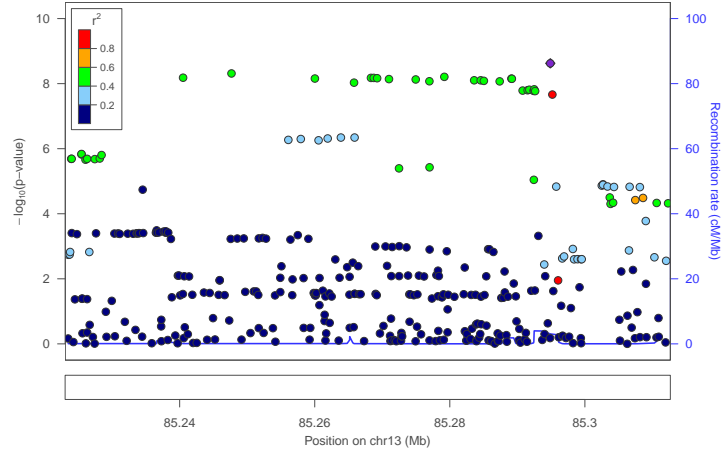
locus\_157



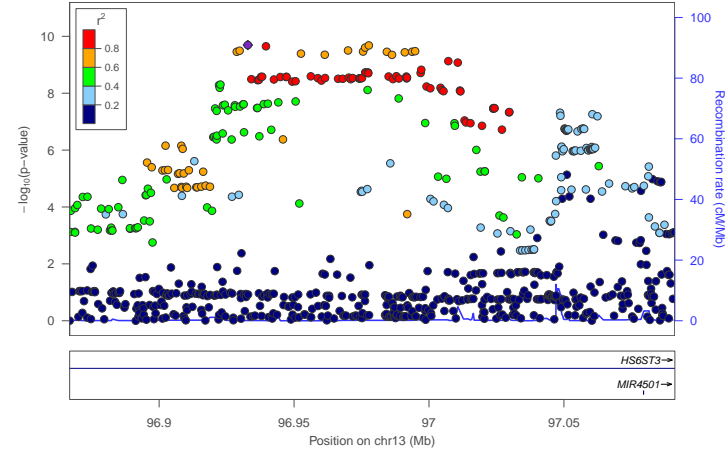
locus\_158



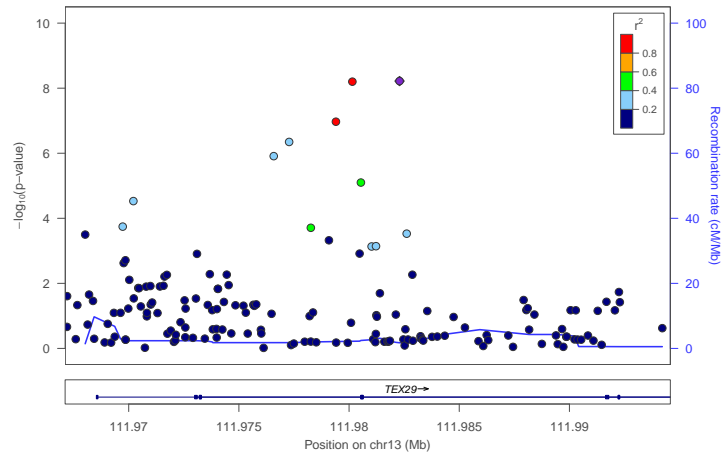
locus\_159



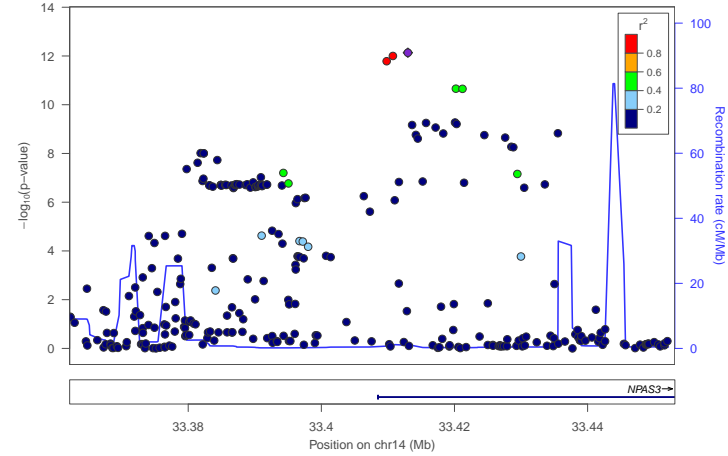
locus\_160



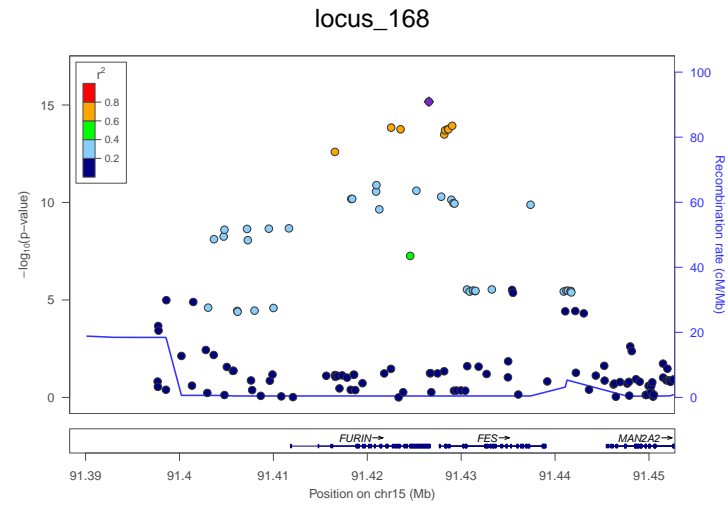
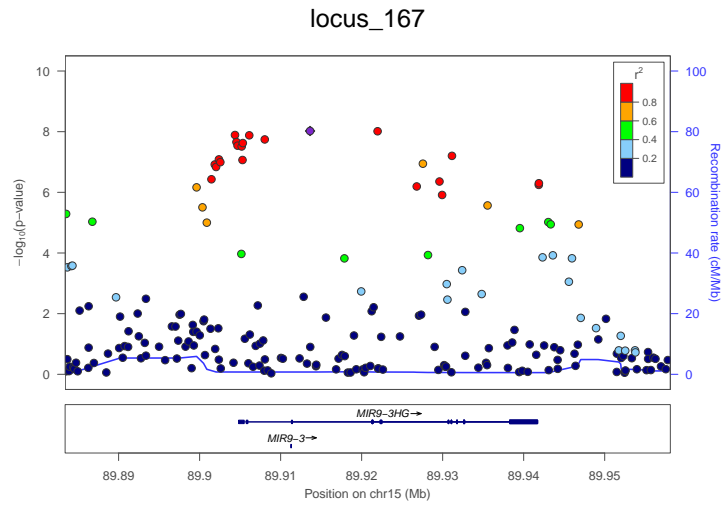
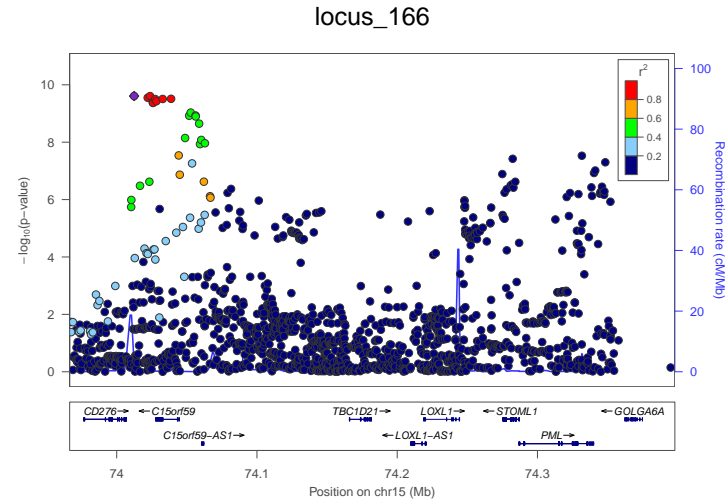
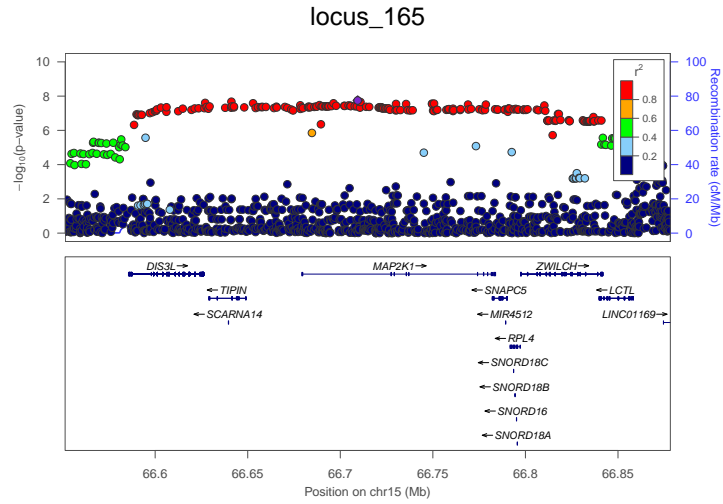
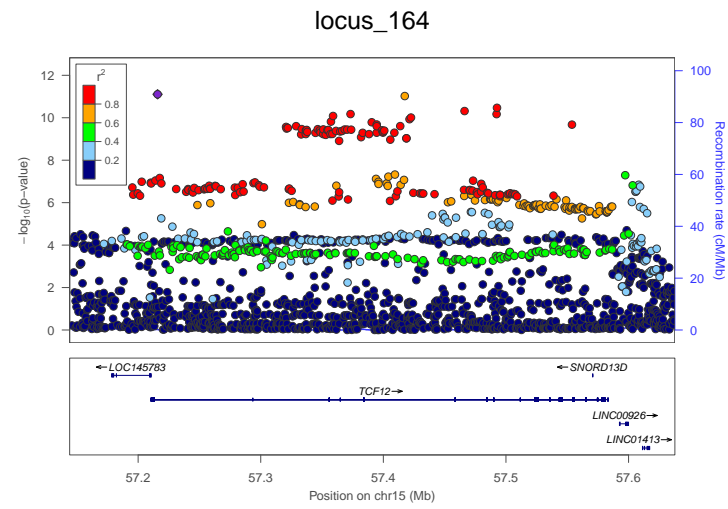
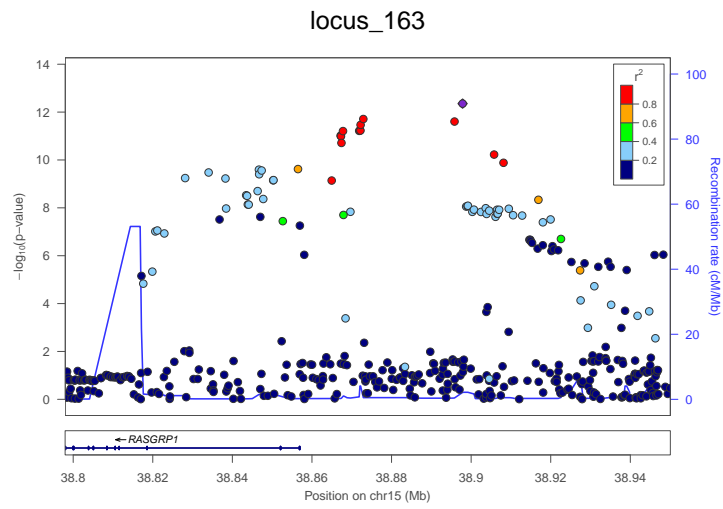
locus\_161

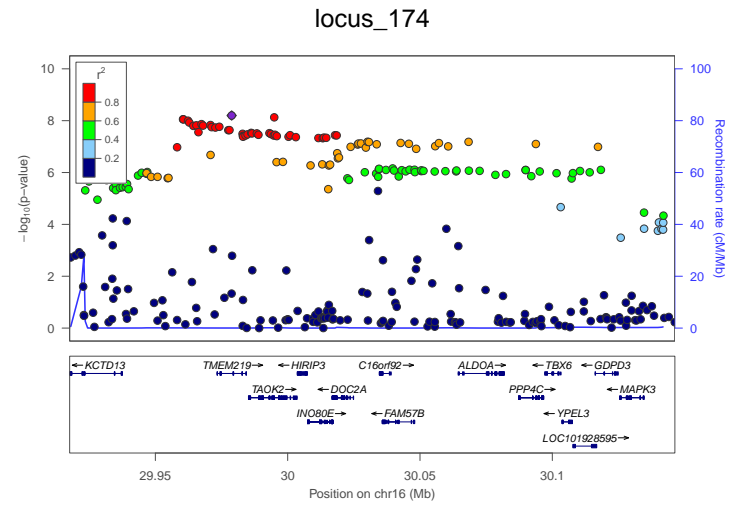
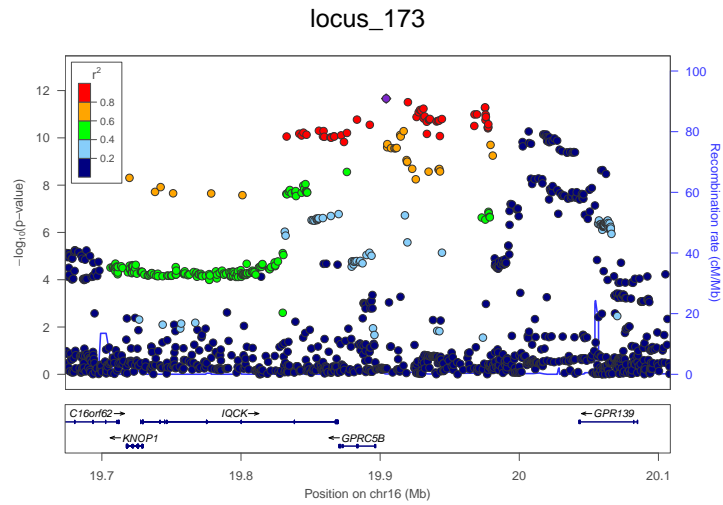
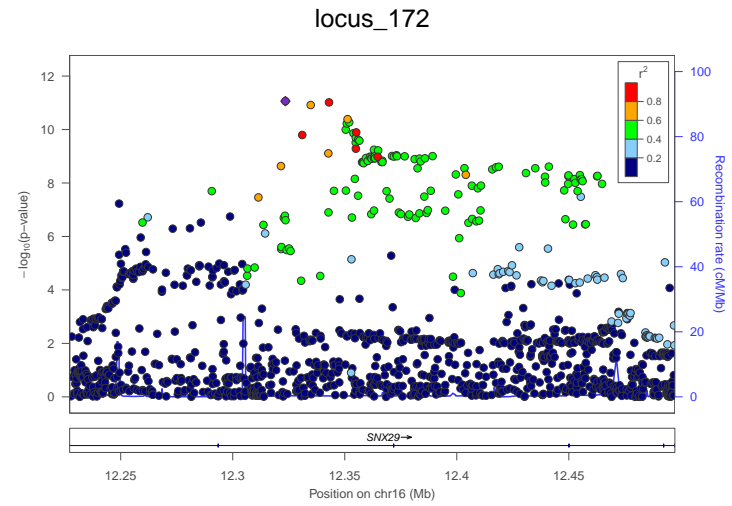
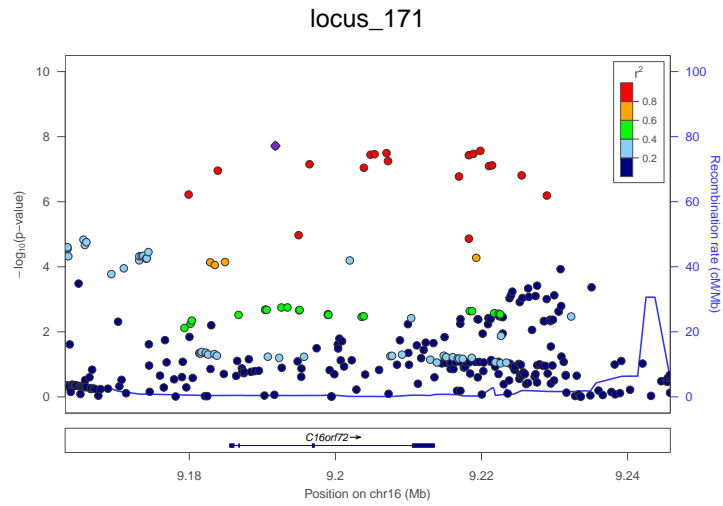
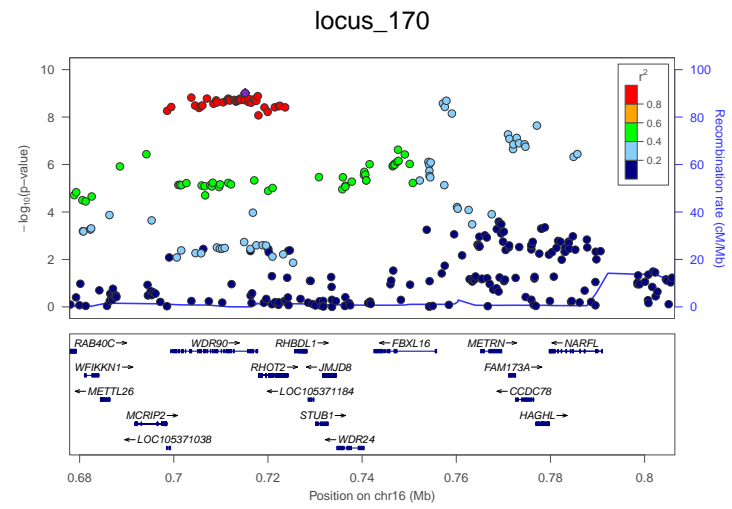
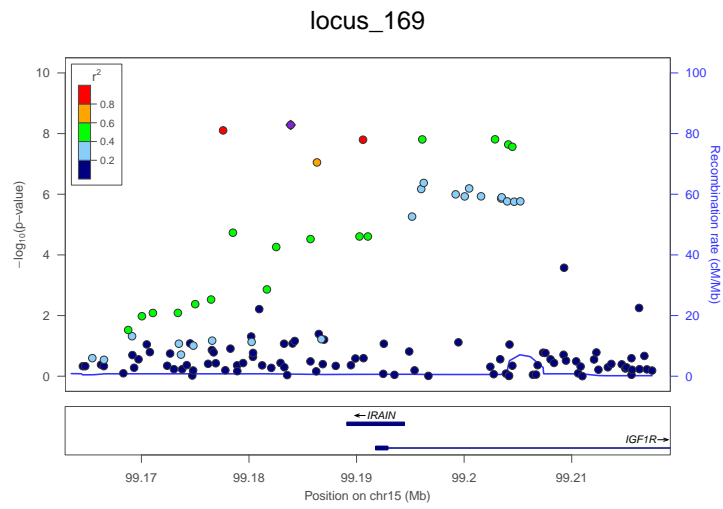


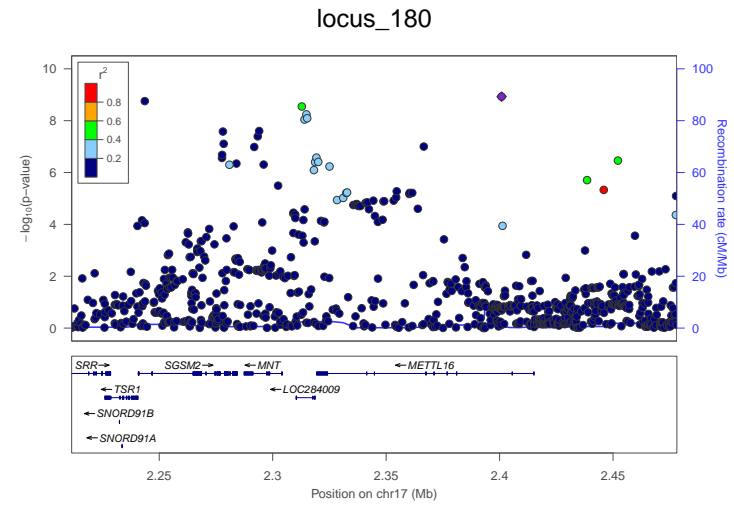
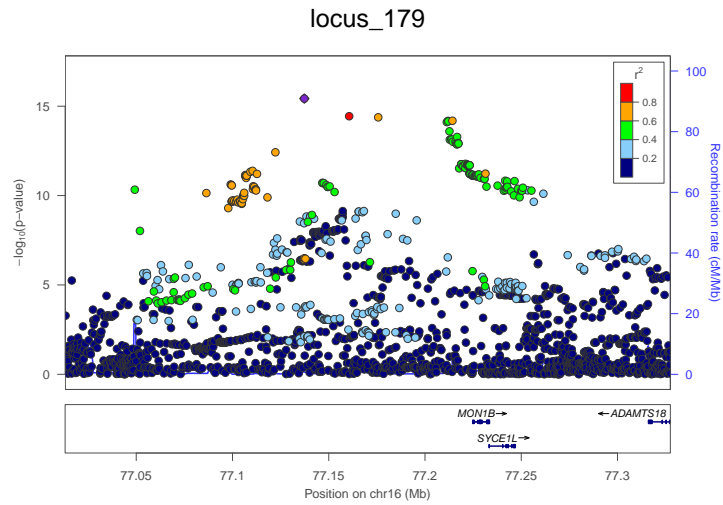
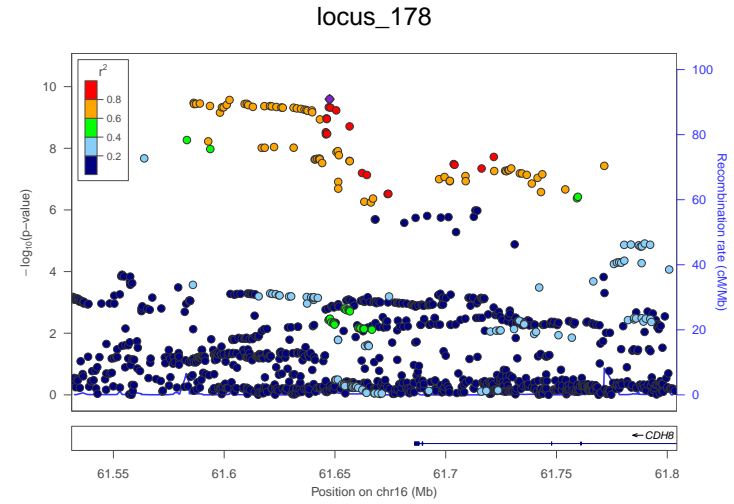
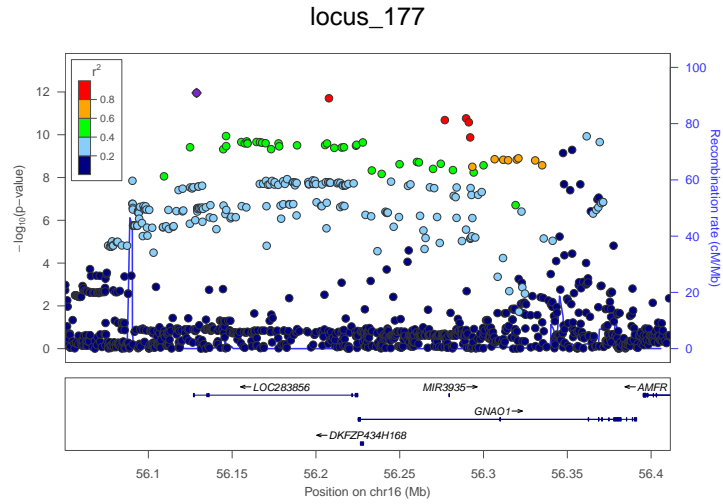
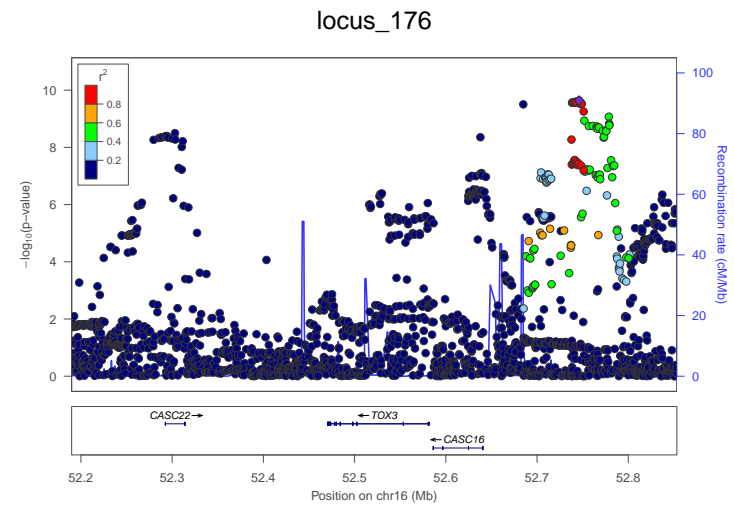
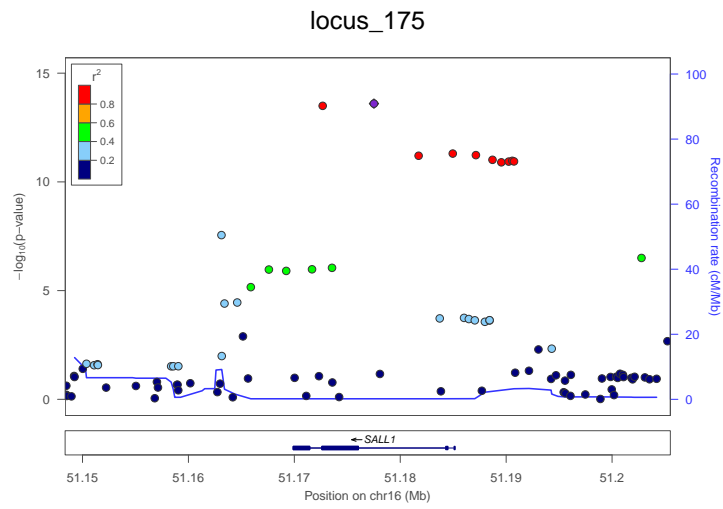
locus\_162

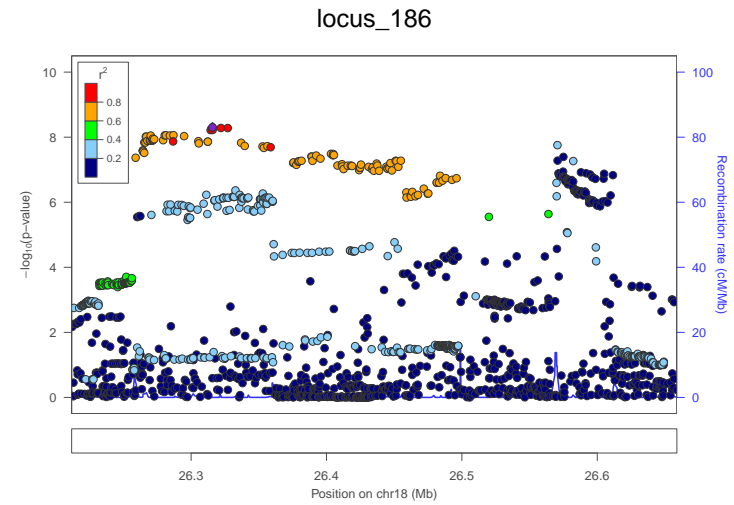
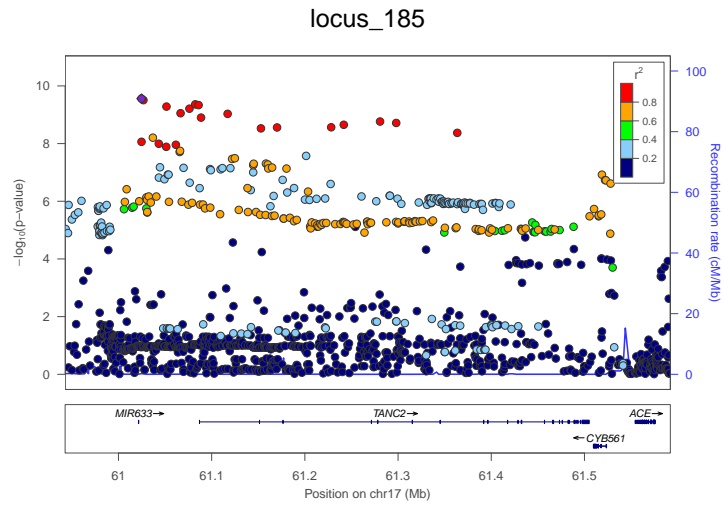
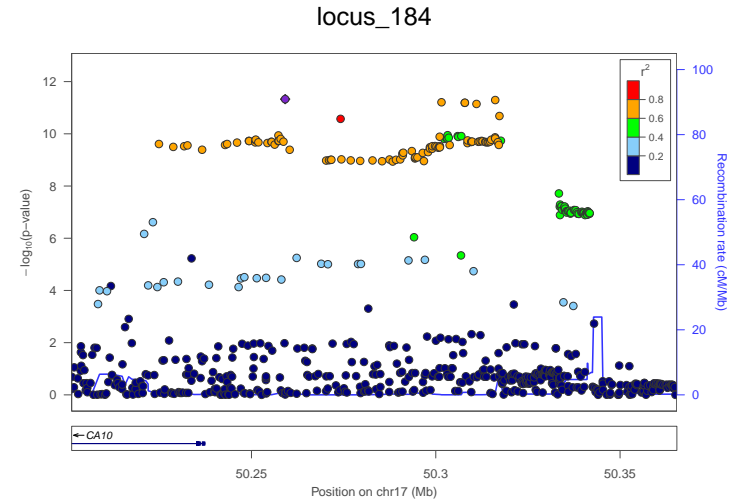
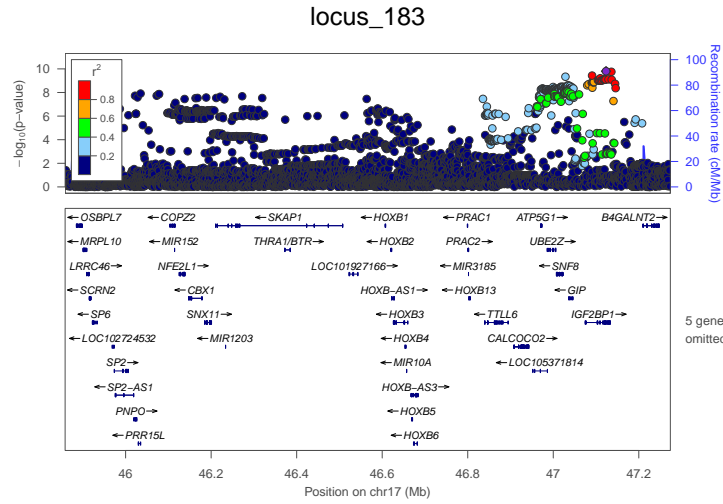
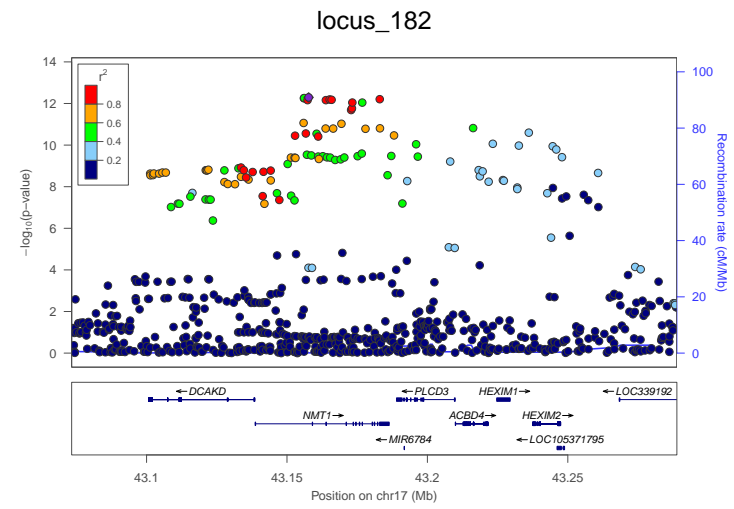
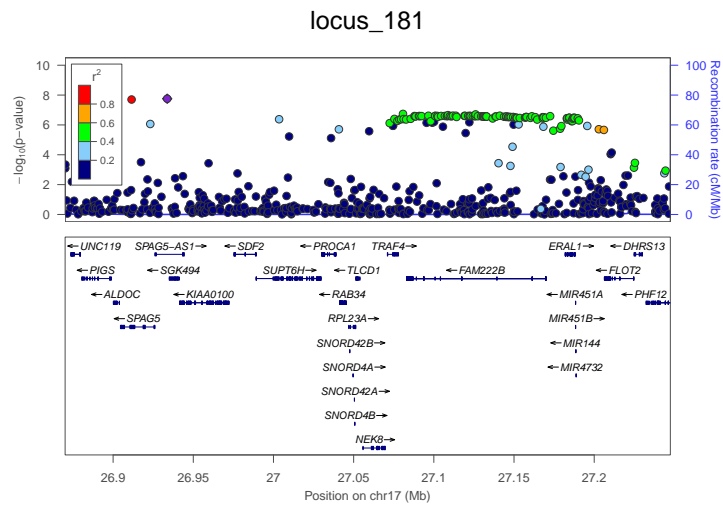


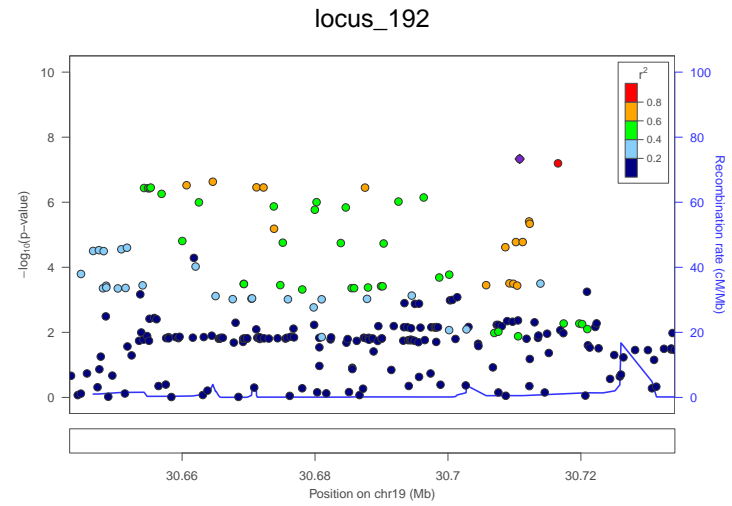
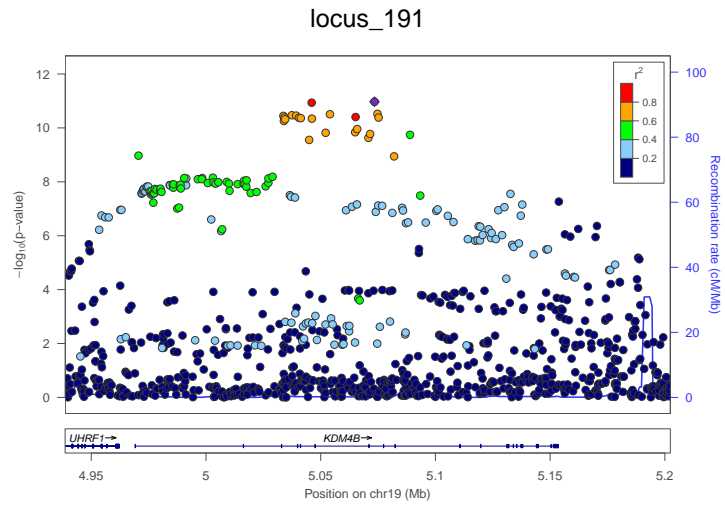
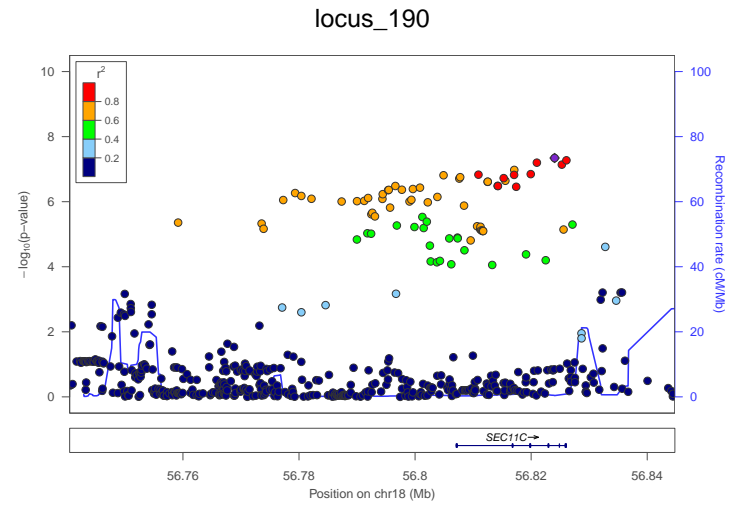
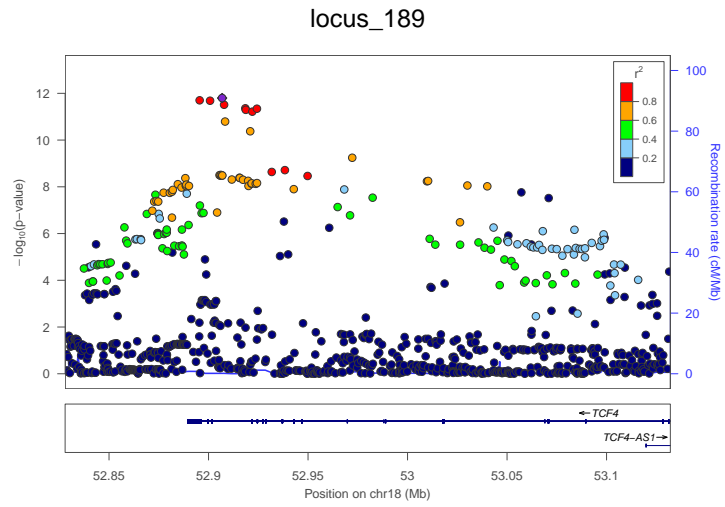
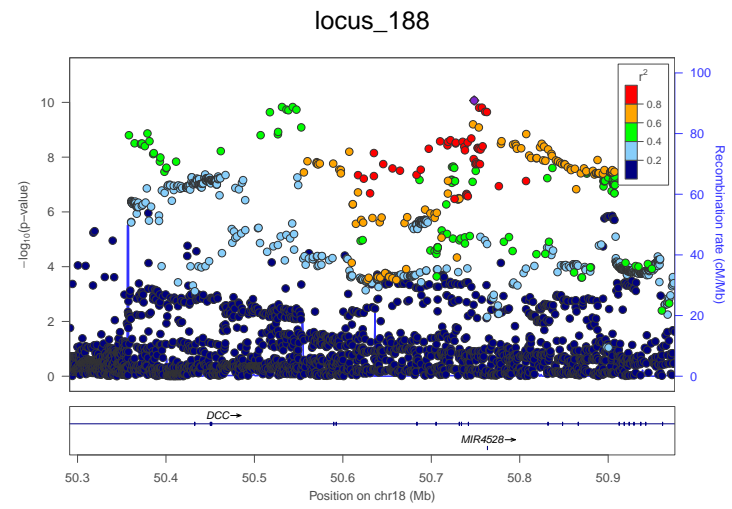
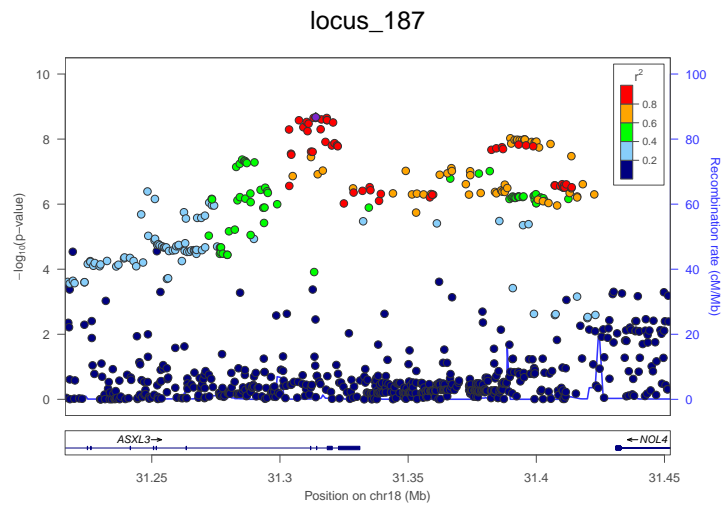


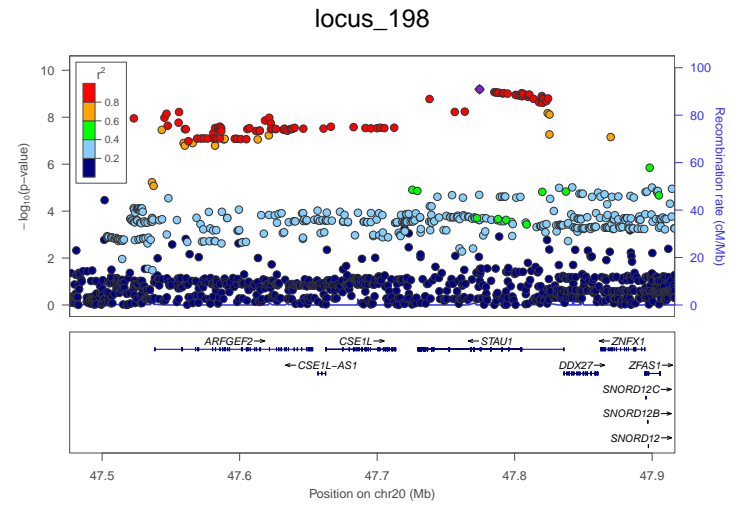
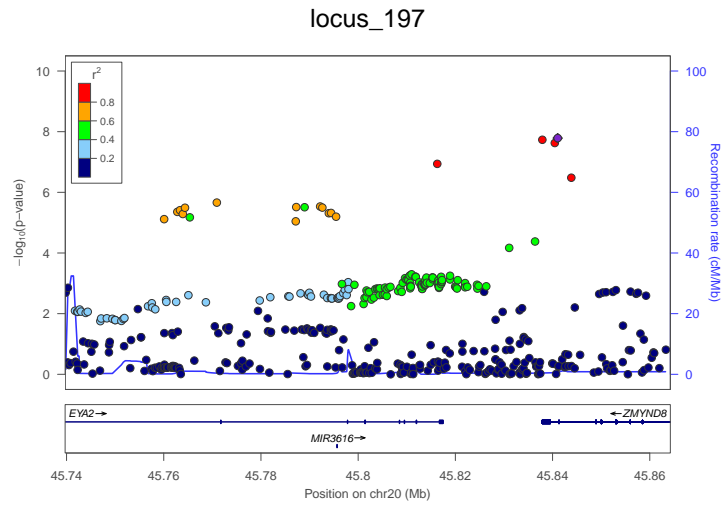
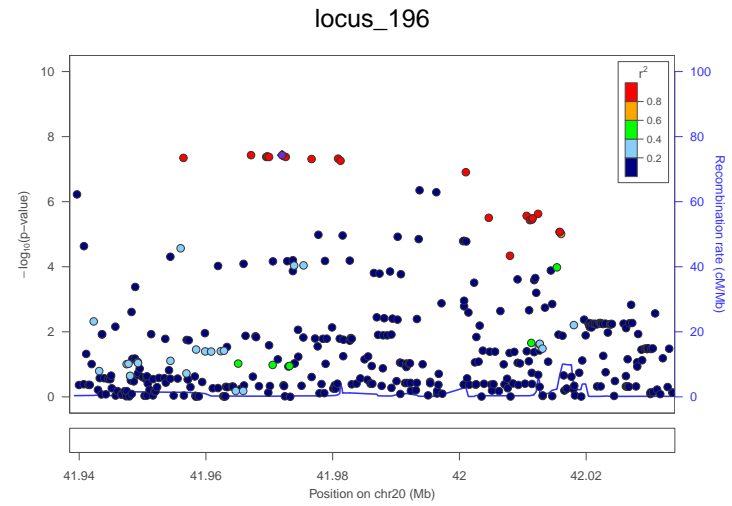
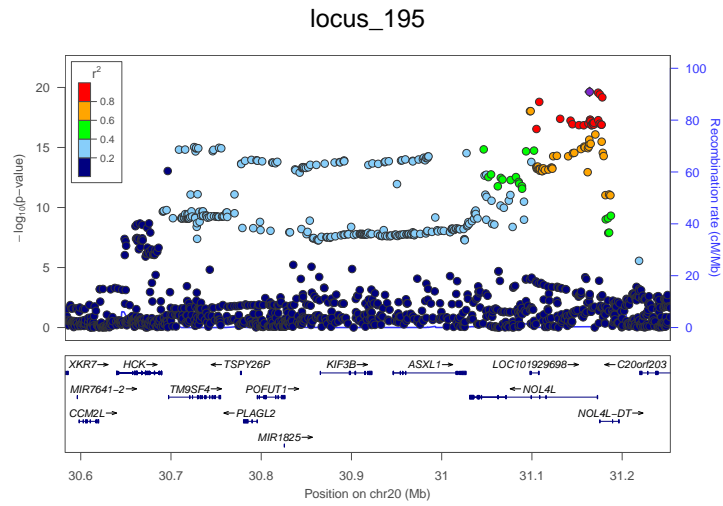
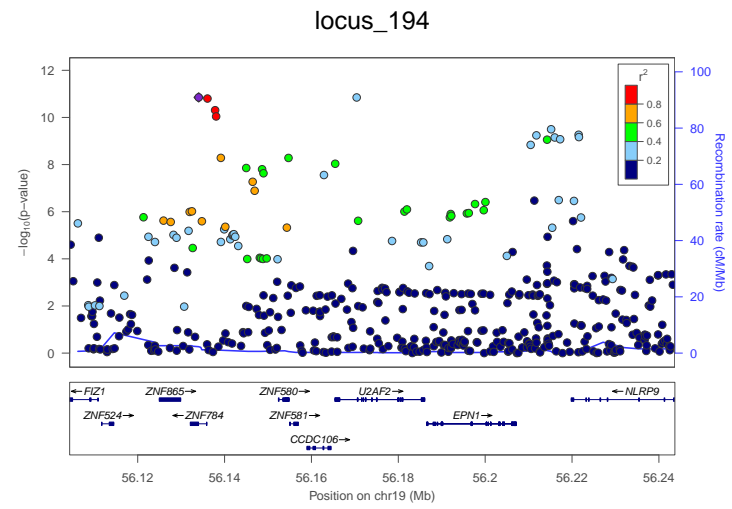
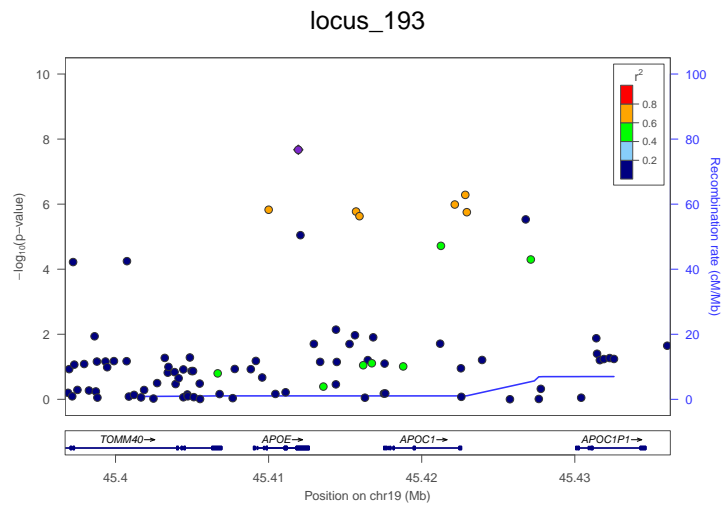




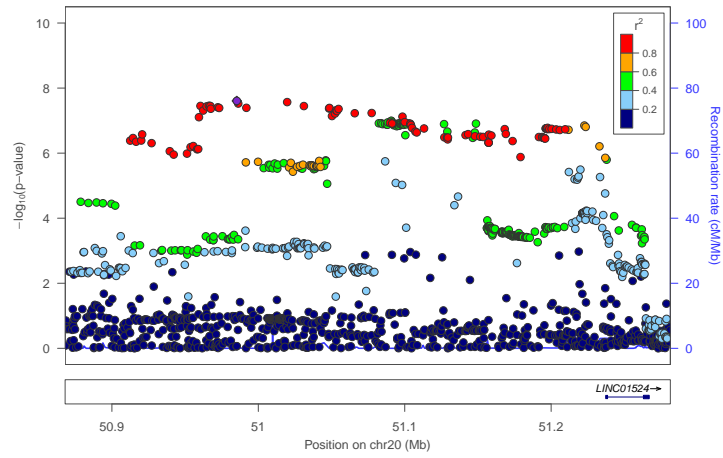




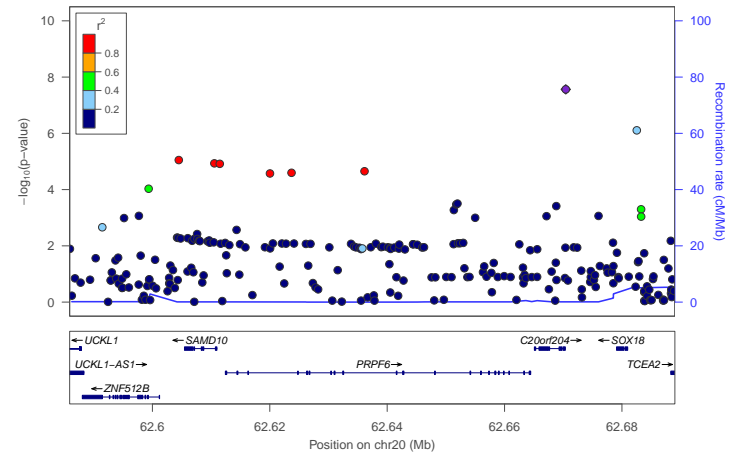




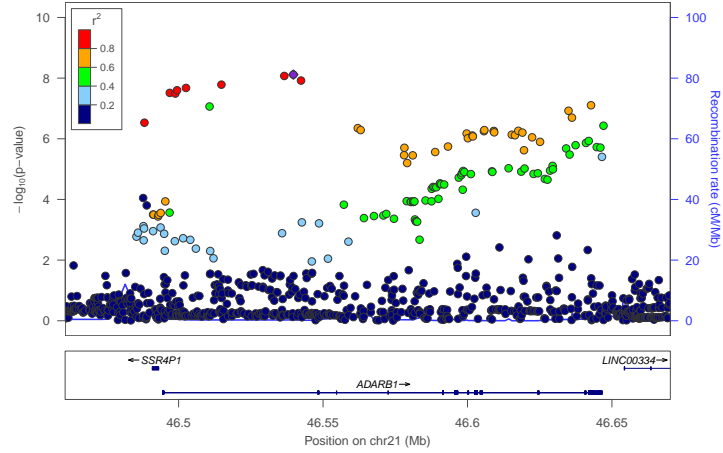
locus\_199



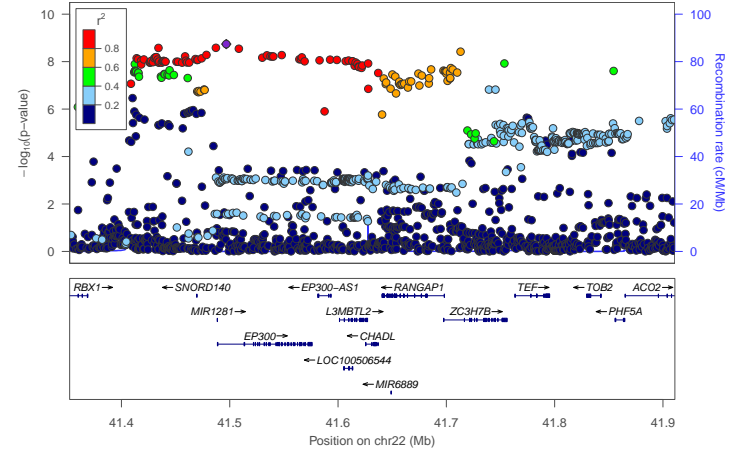
locus\_200



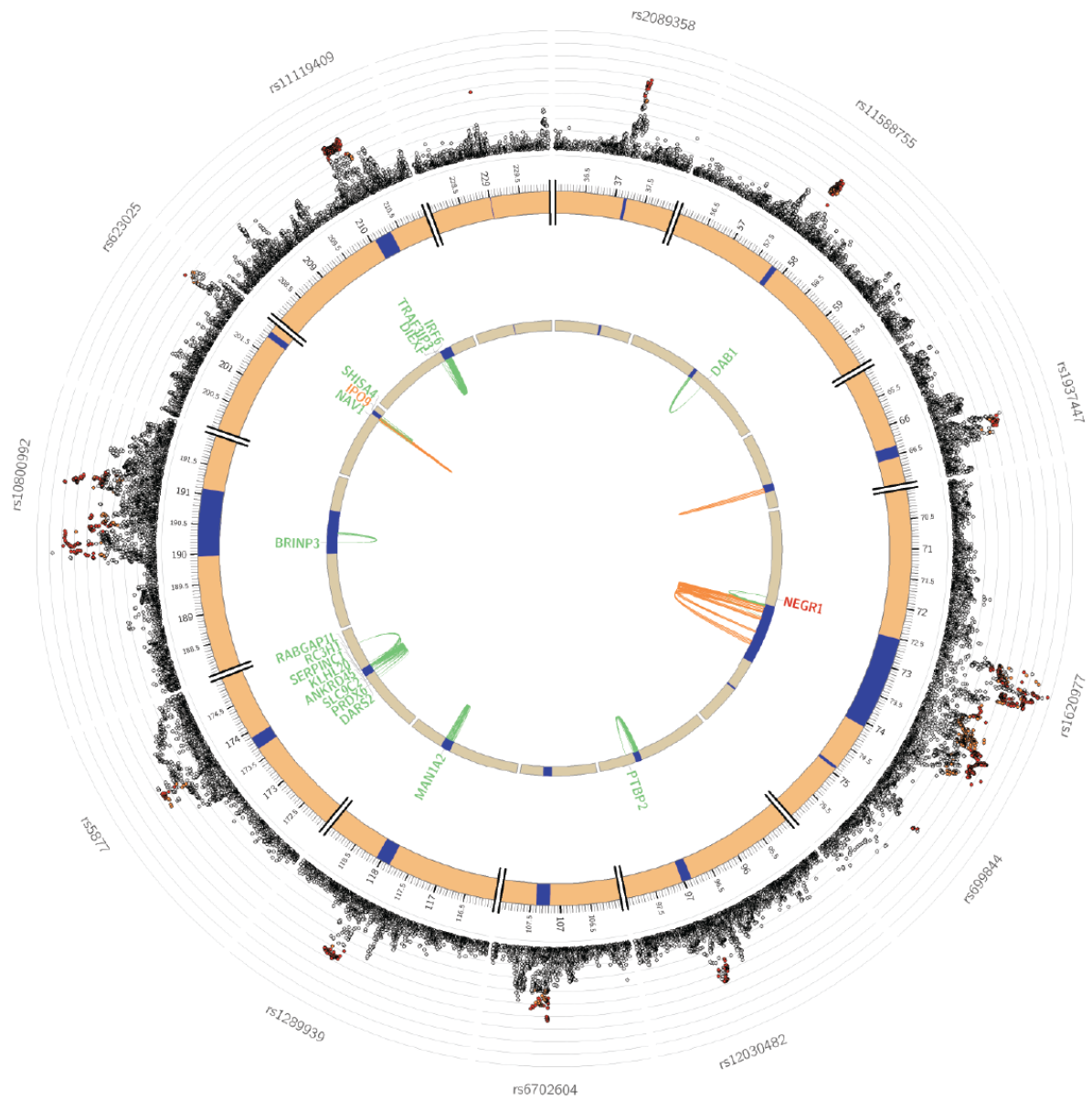
locus\_201



locus\_202



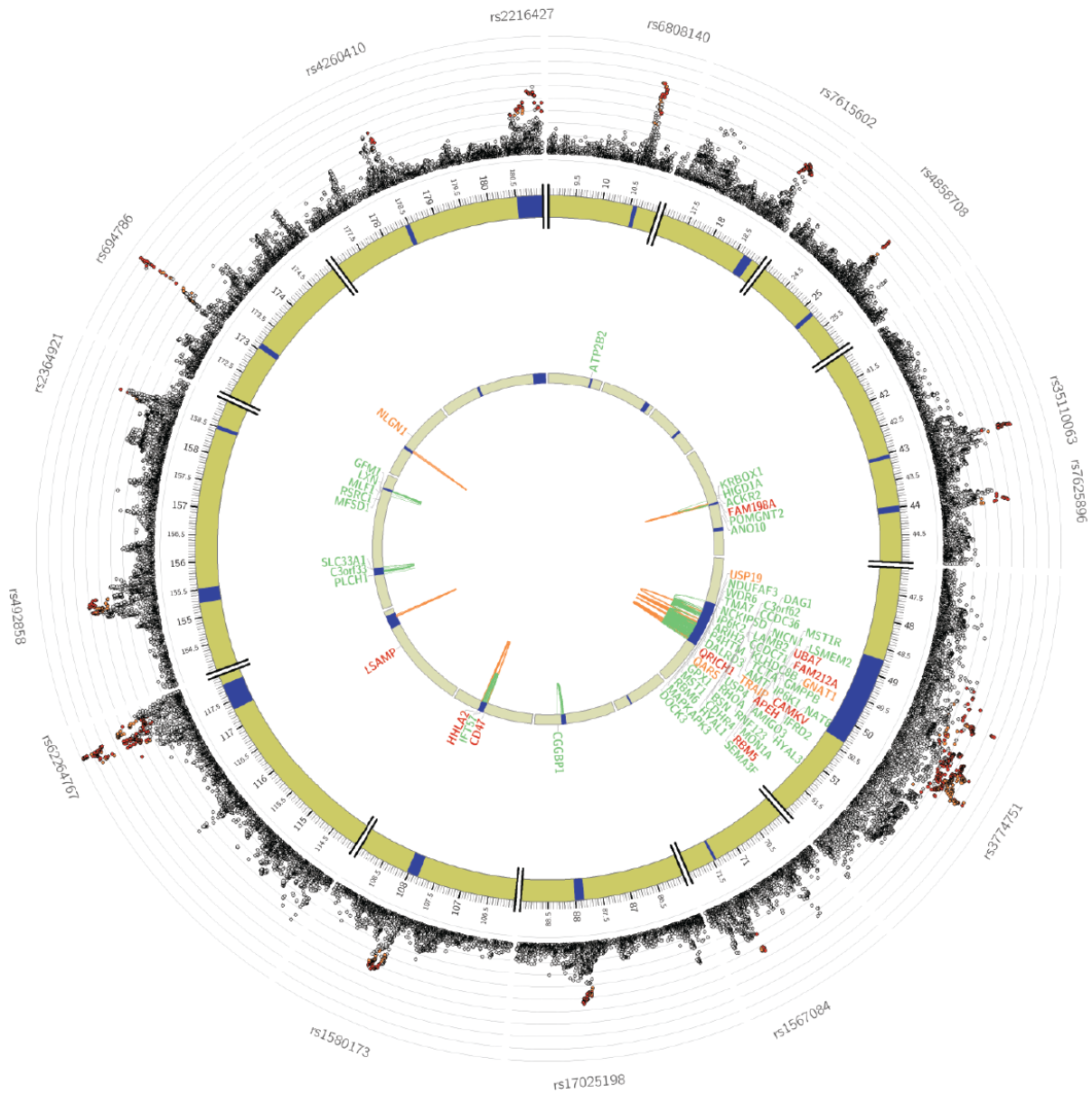
# Chromosome 1



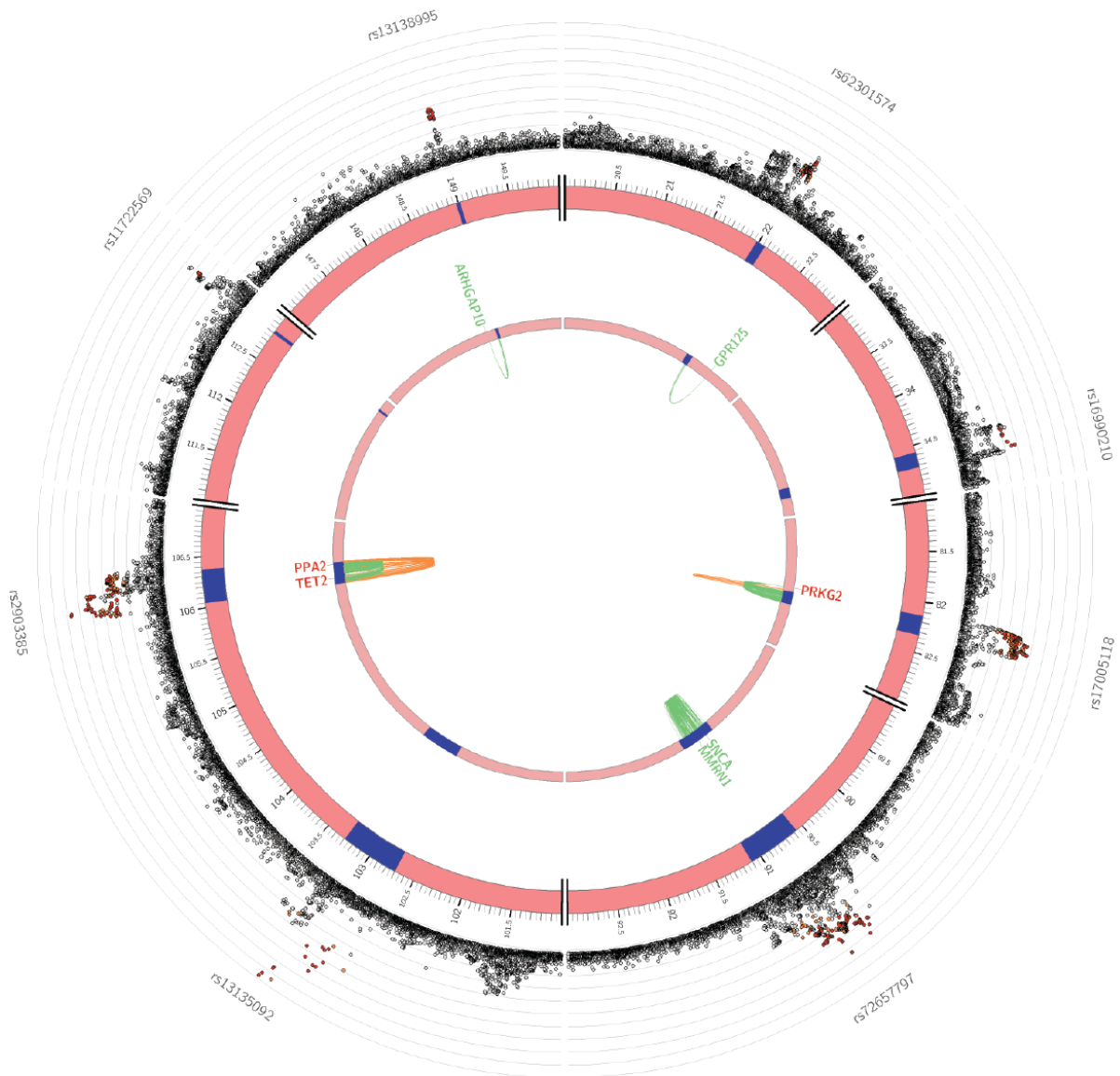




## Chromosome 3

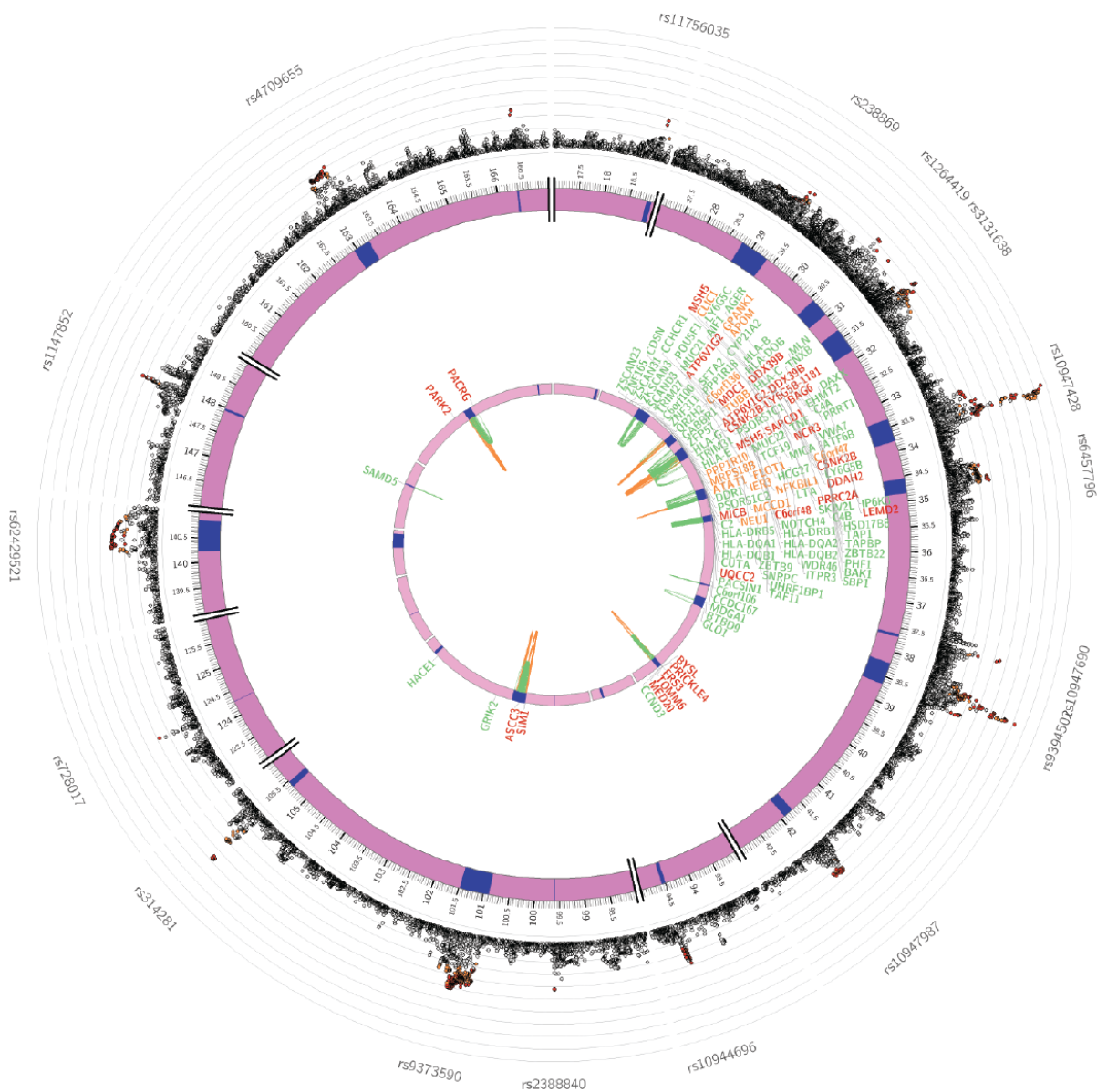


## Chromosome 4

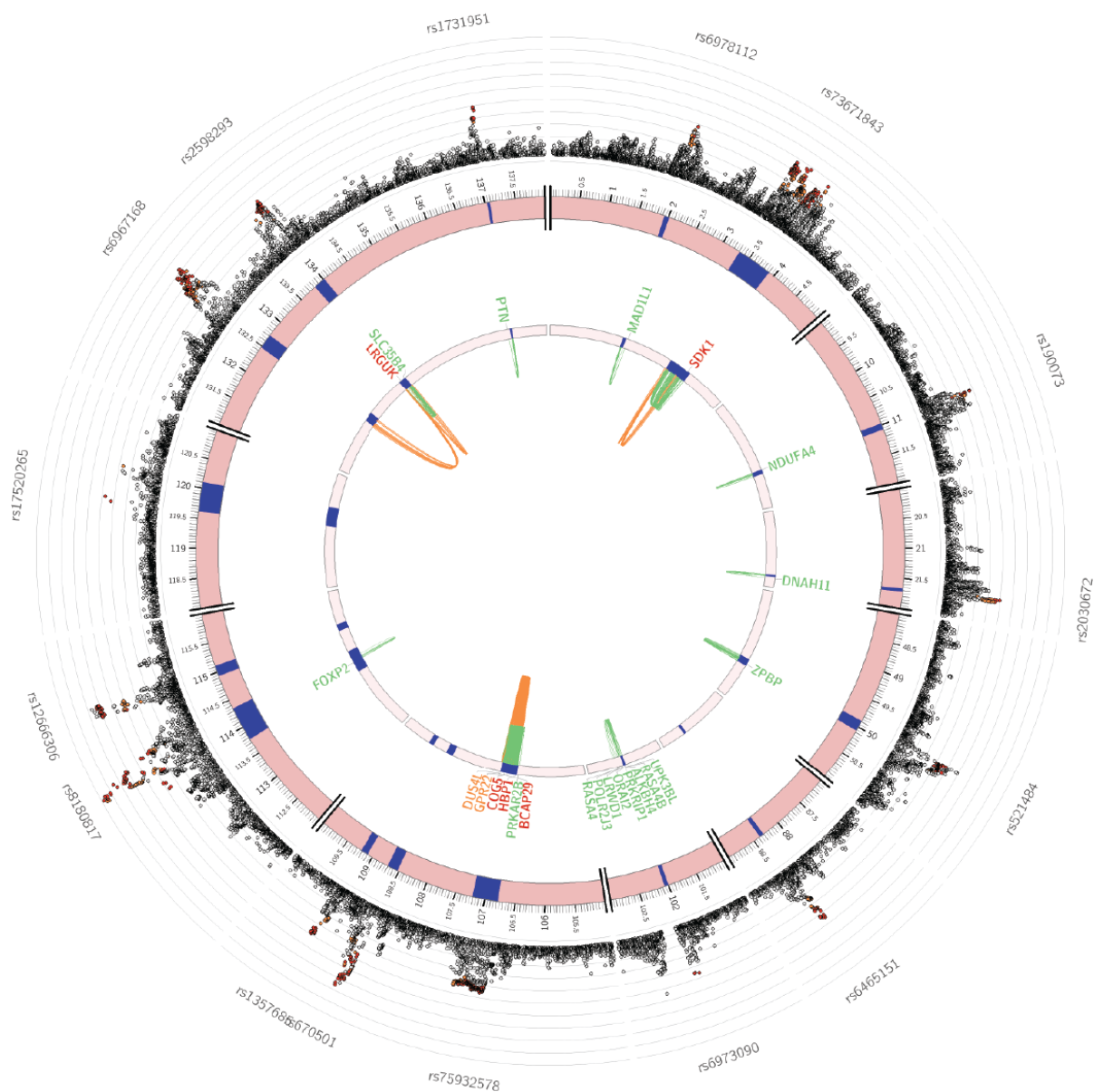




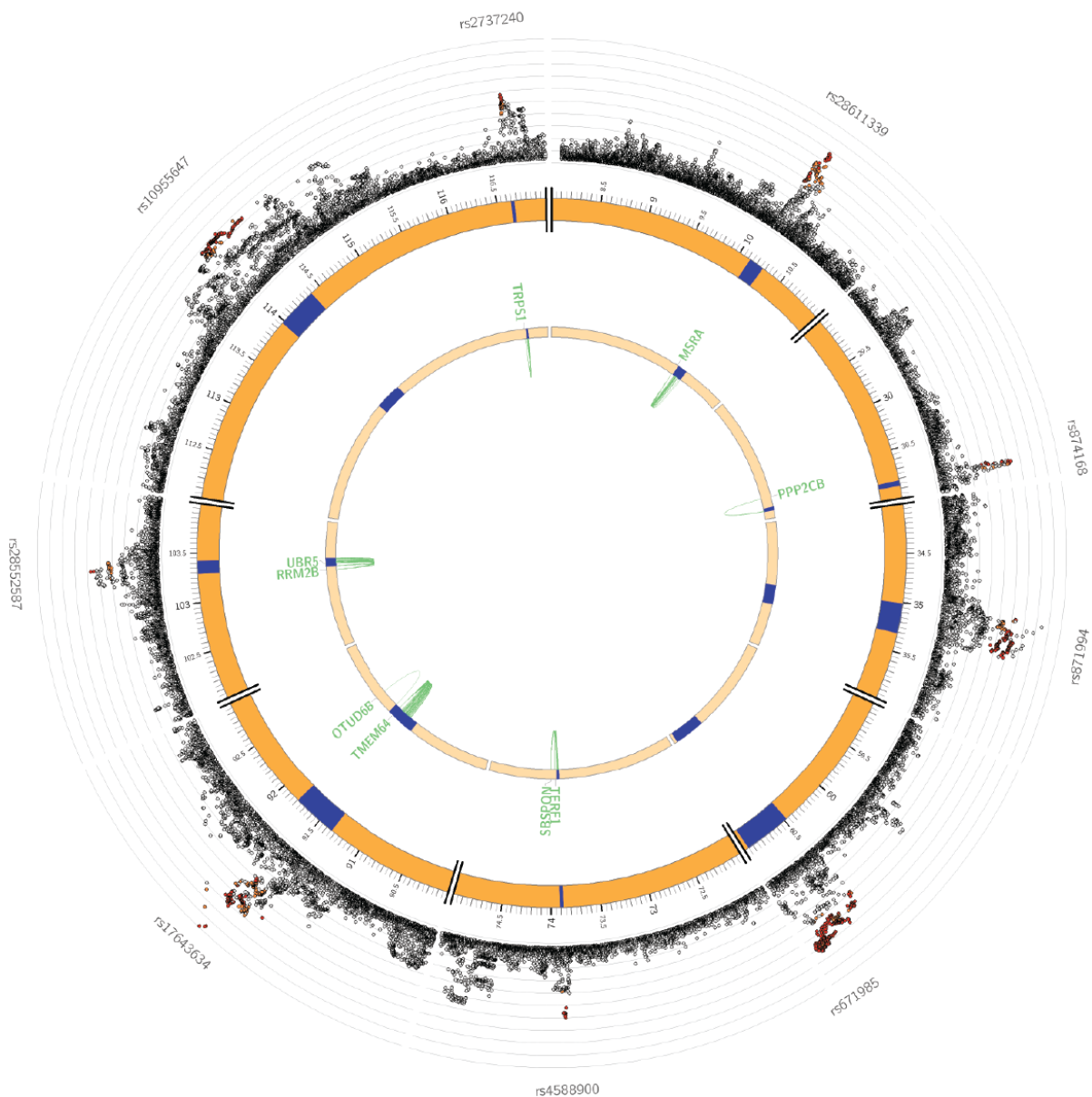
# Chromosome 6



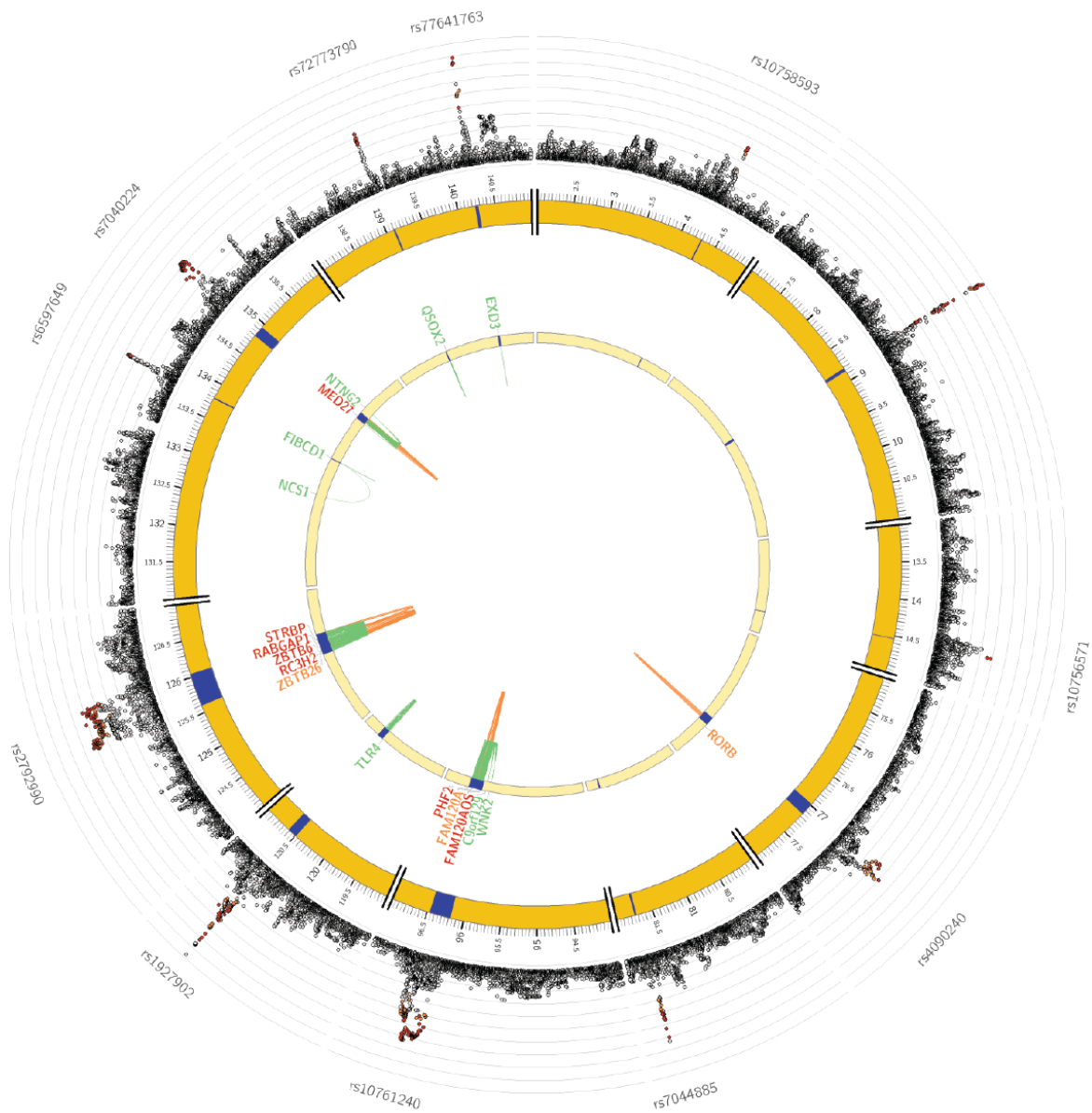
# Chromosome 7



# Chromosome 8

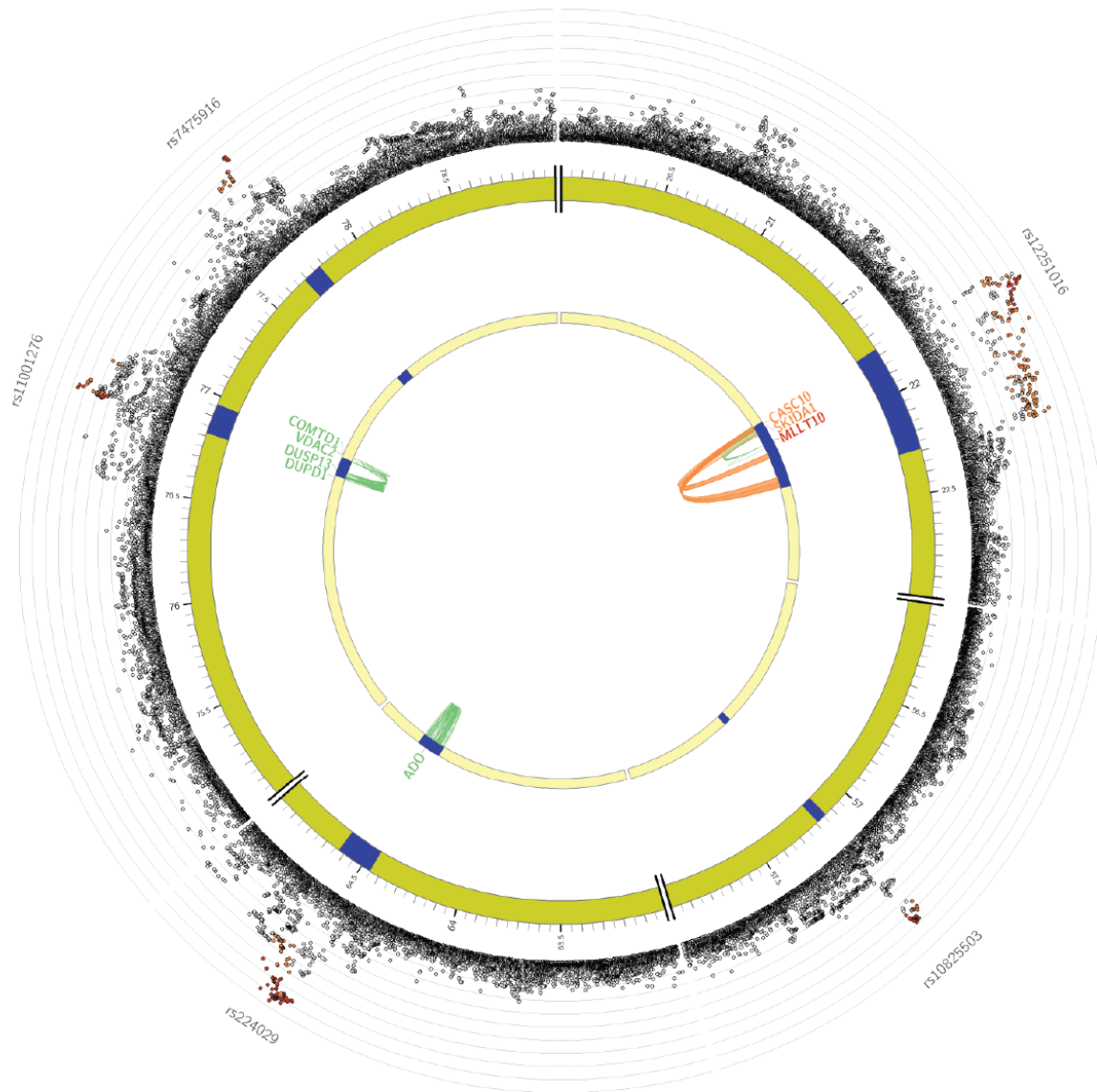


# Chromosome 9

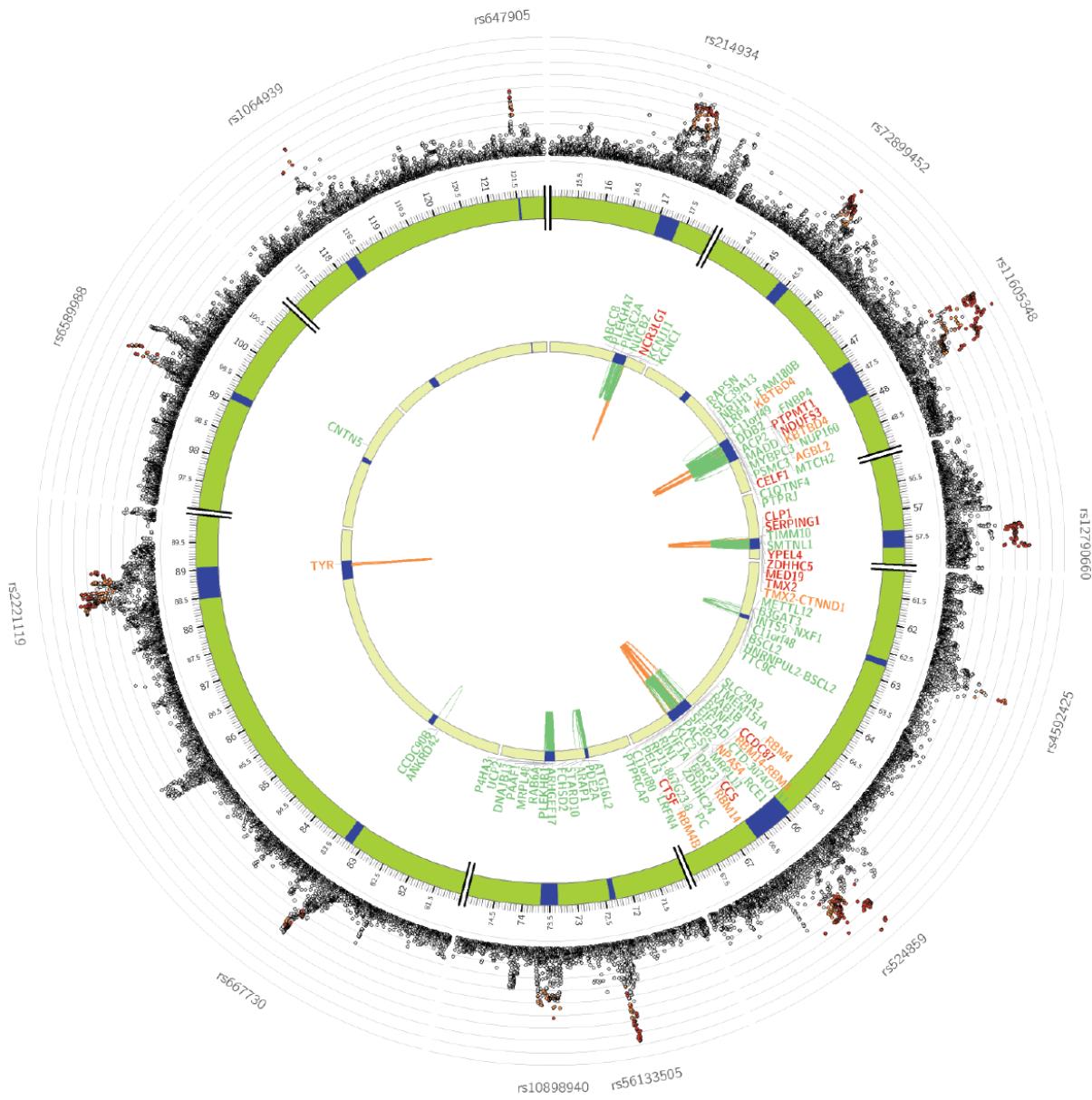




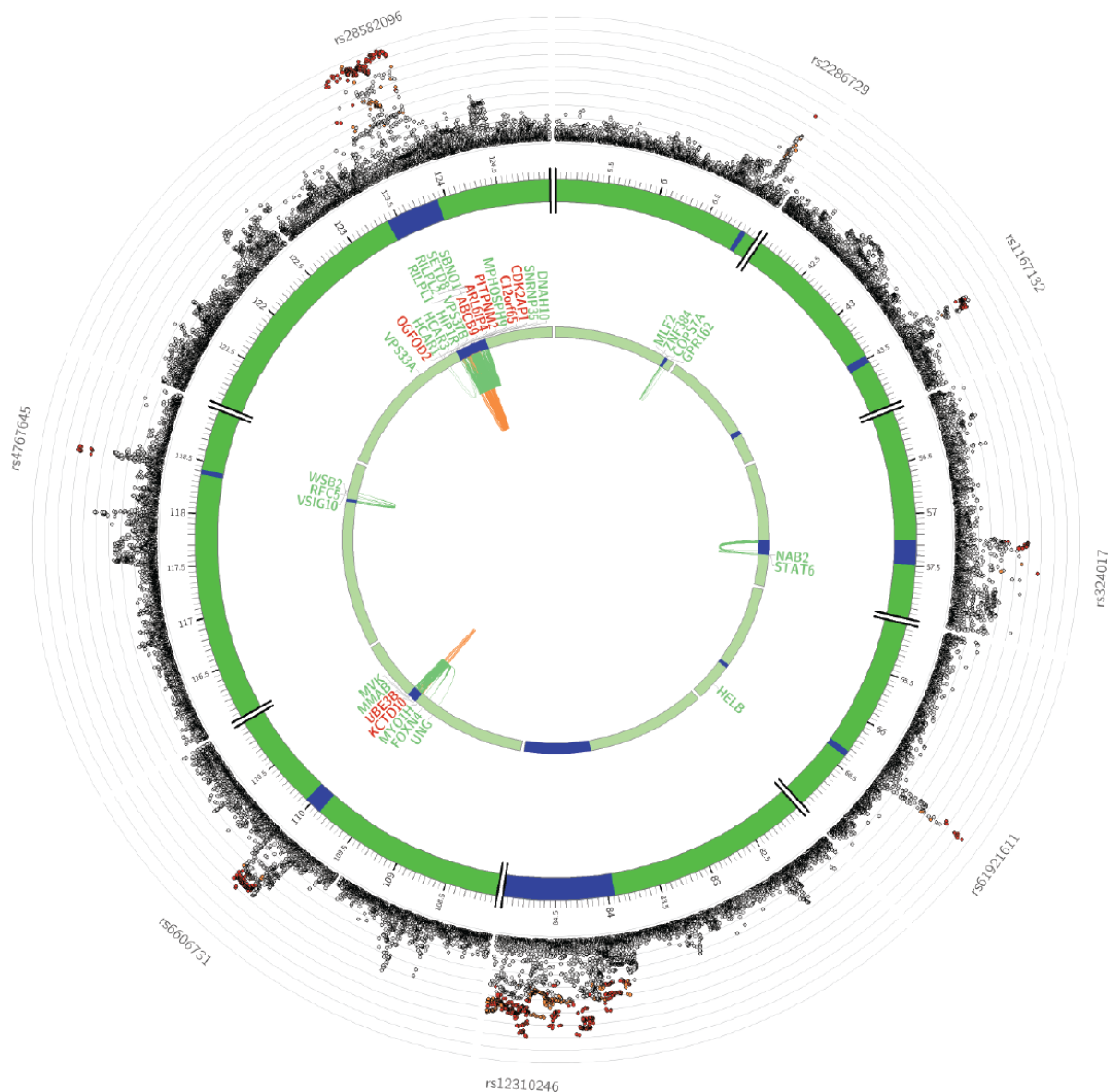
# Chromosome 10



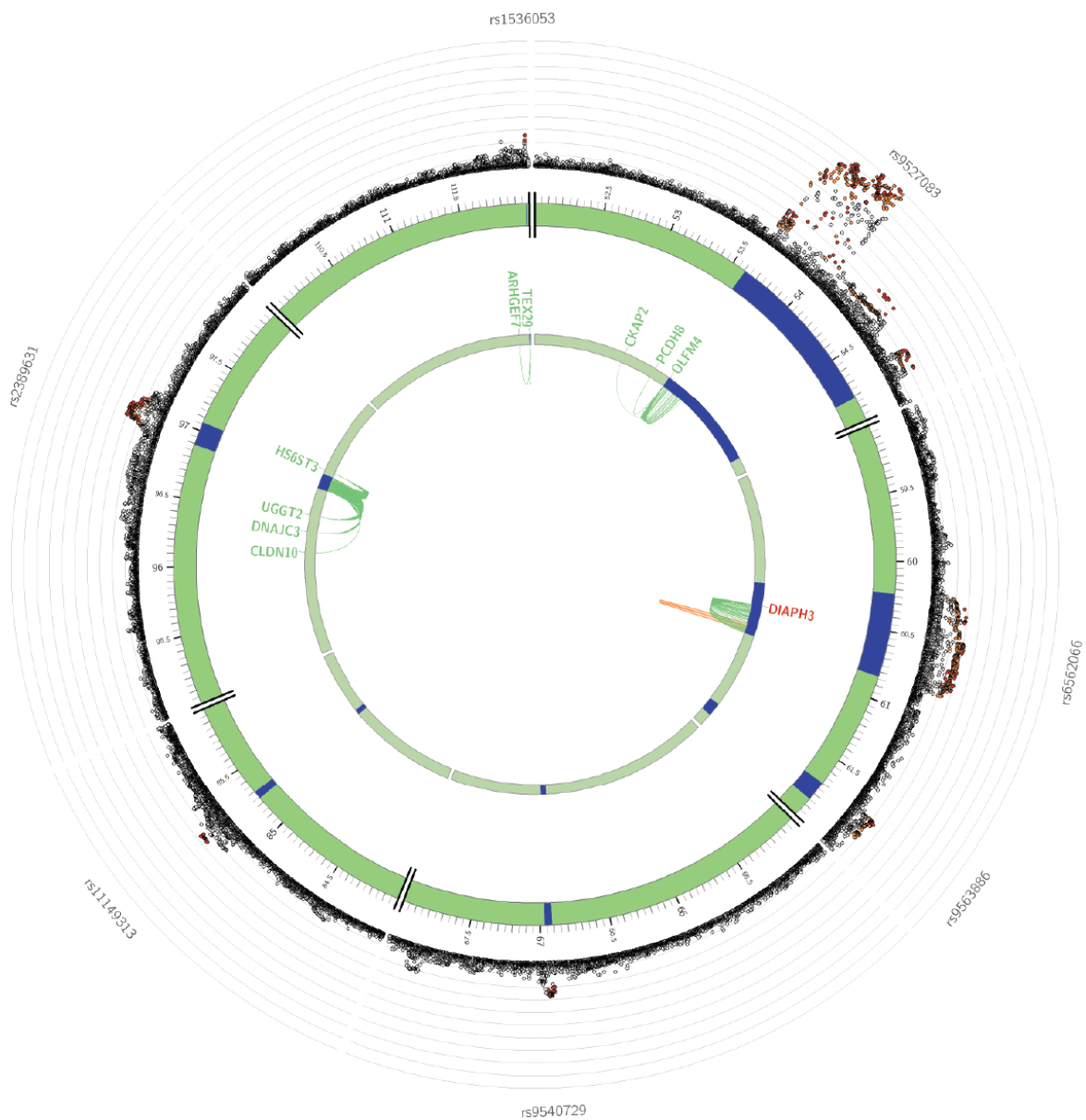
# Chromosome 11



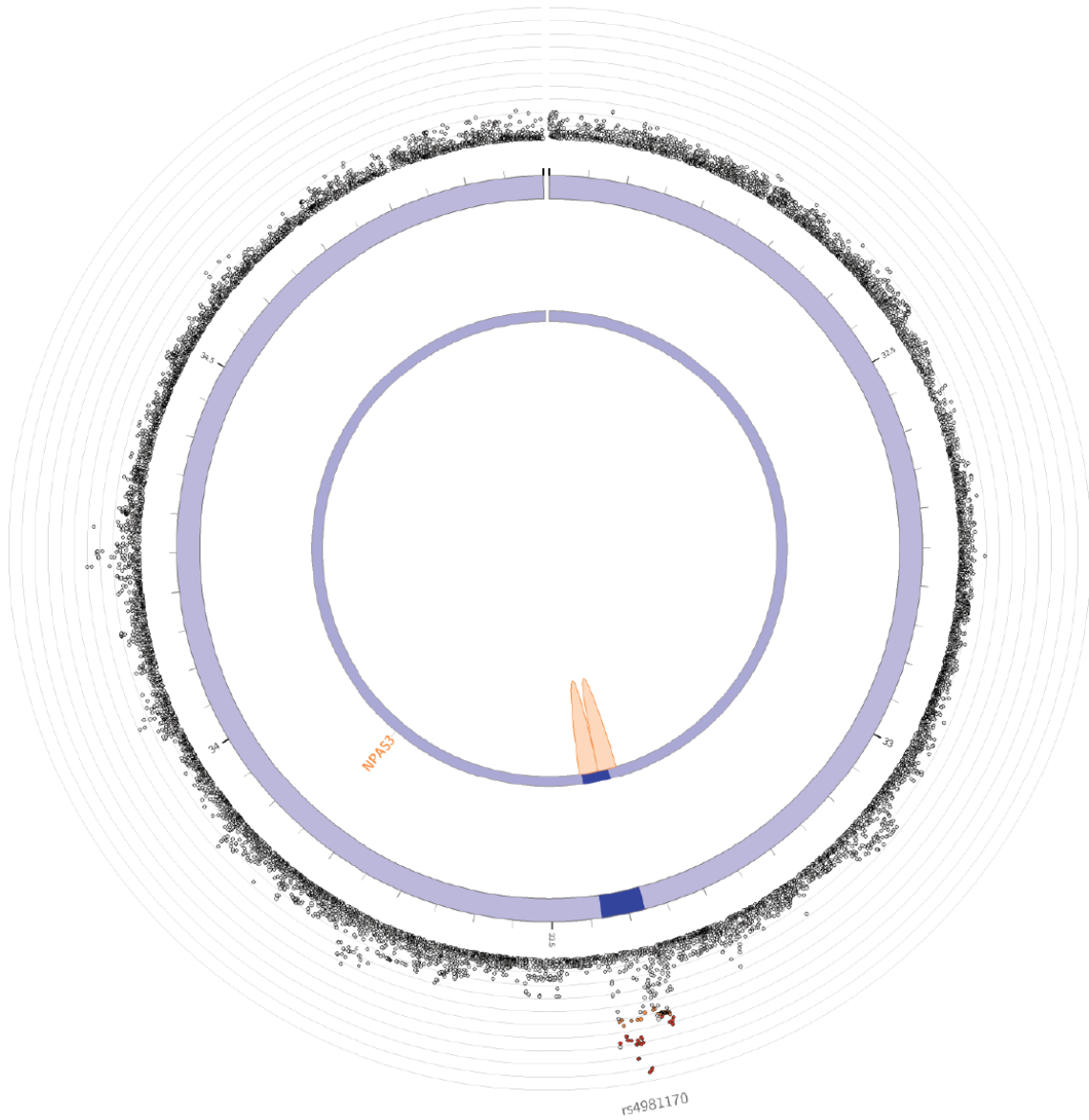
# Chromosome 12



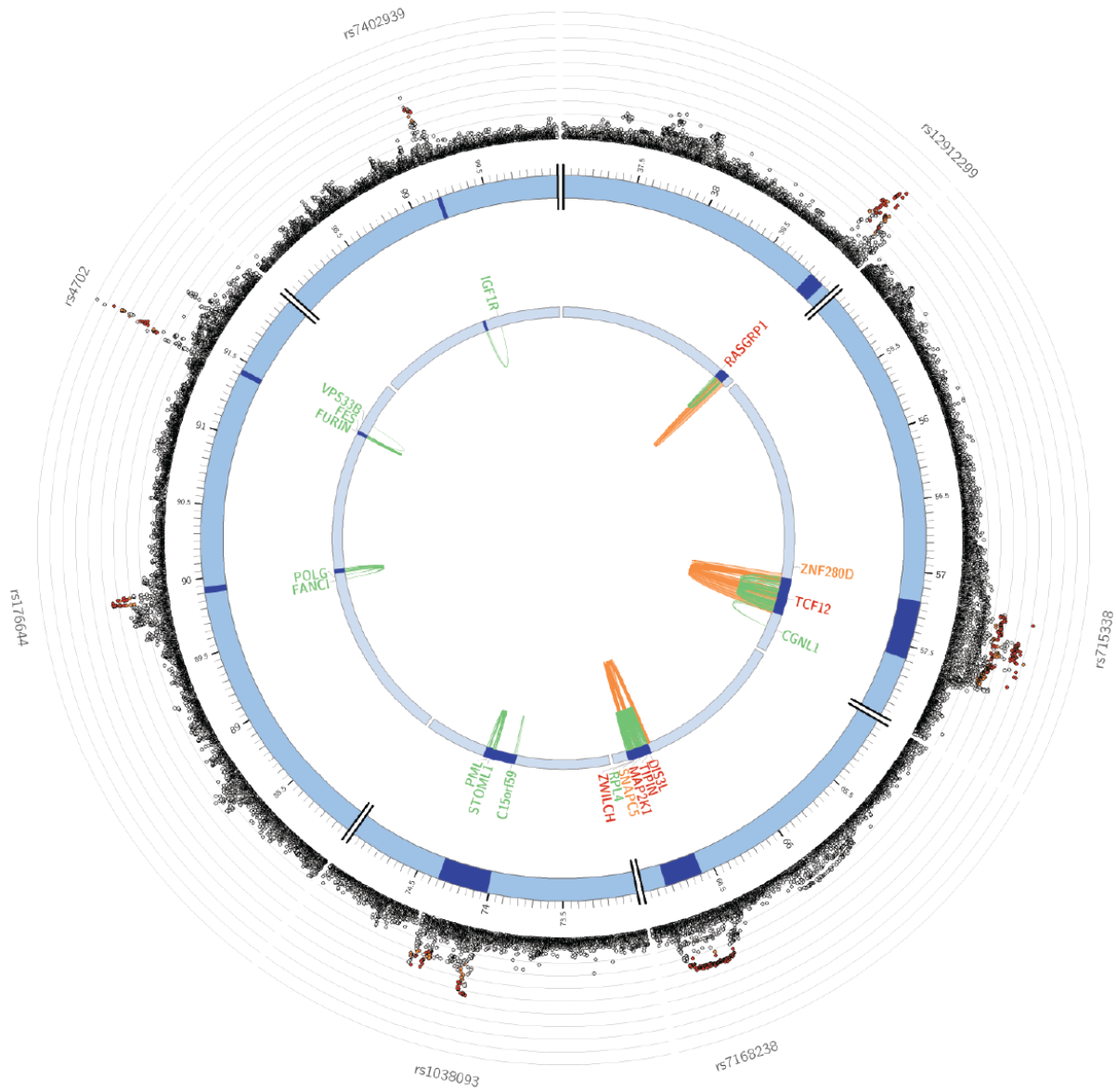
# Chromosome 13



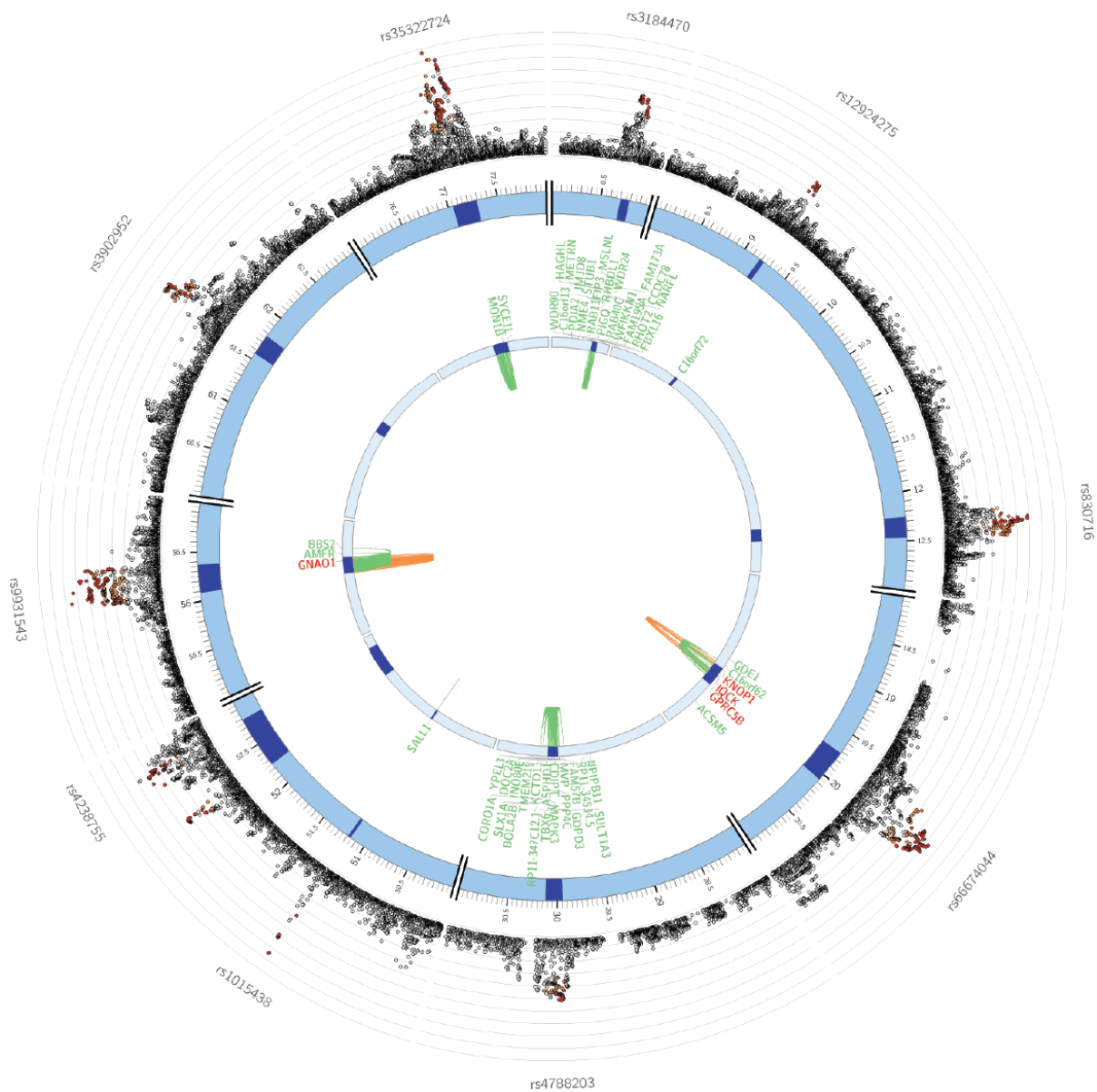
# Chromosome 14



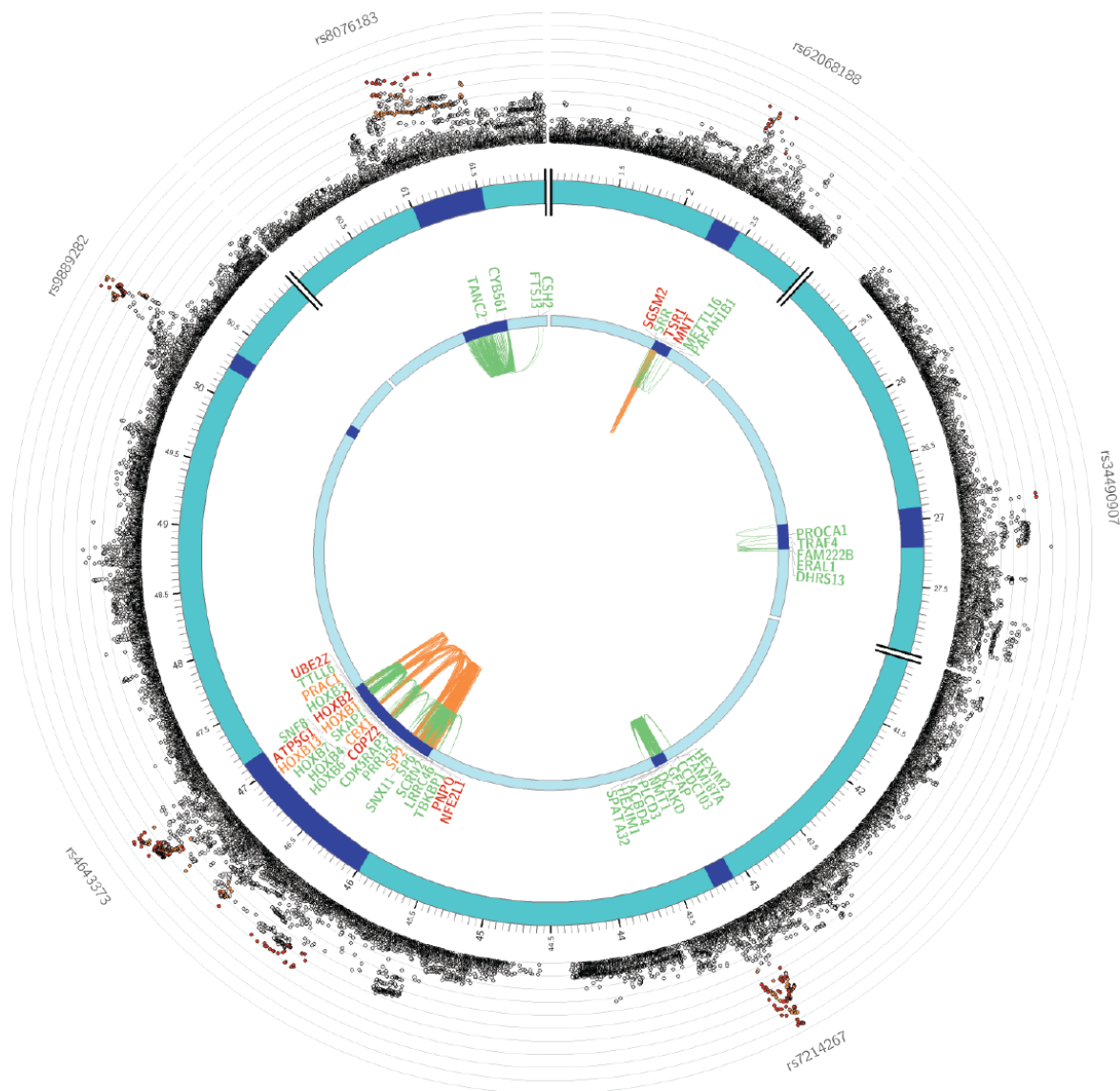
# Chromosome 15



# Chromosome 16

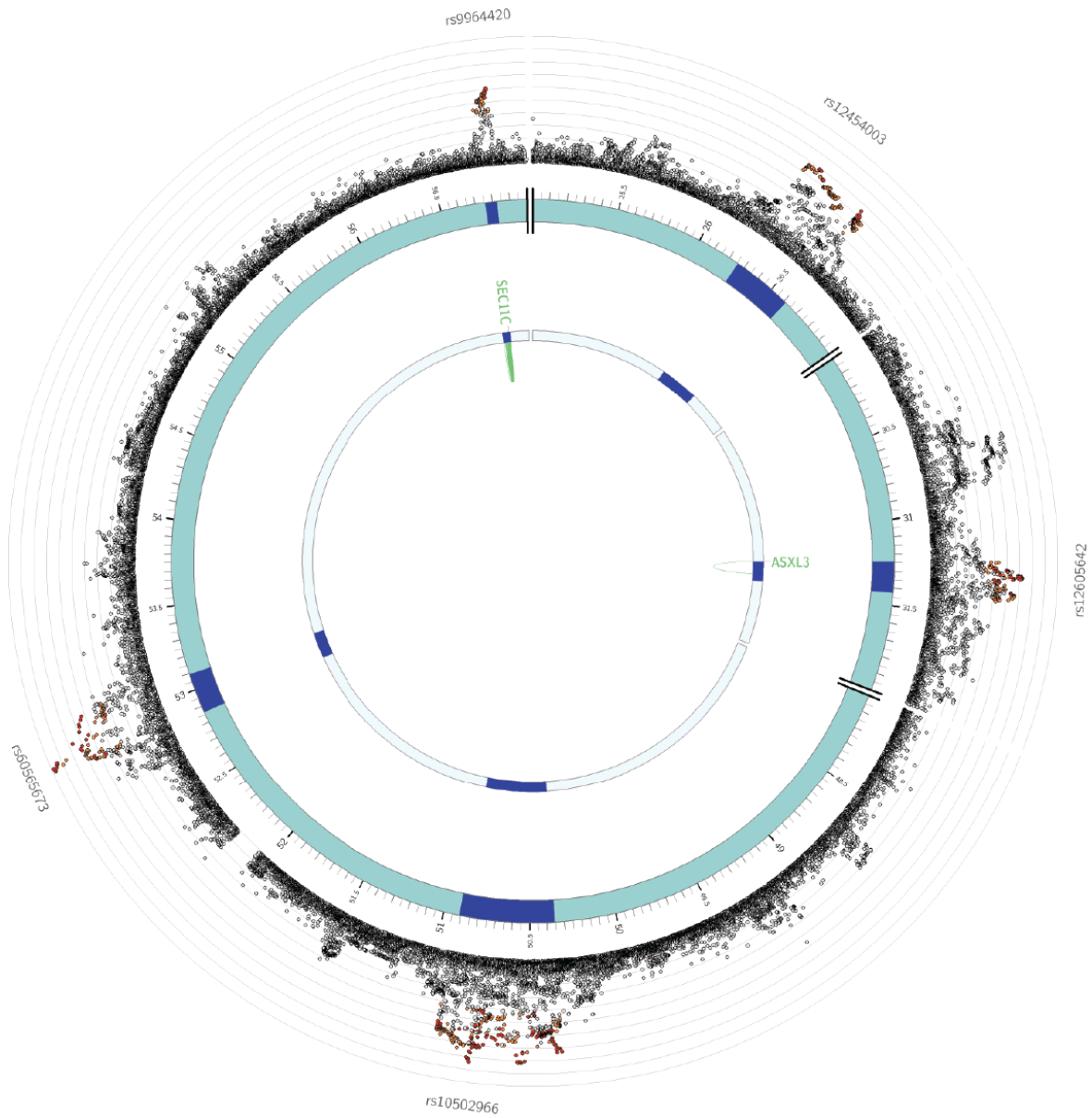


# Chromosome 17

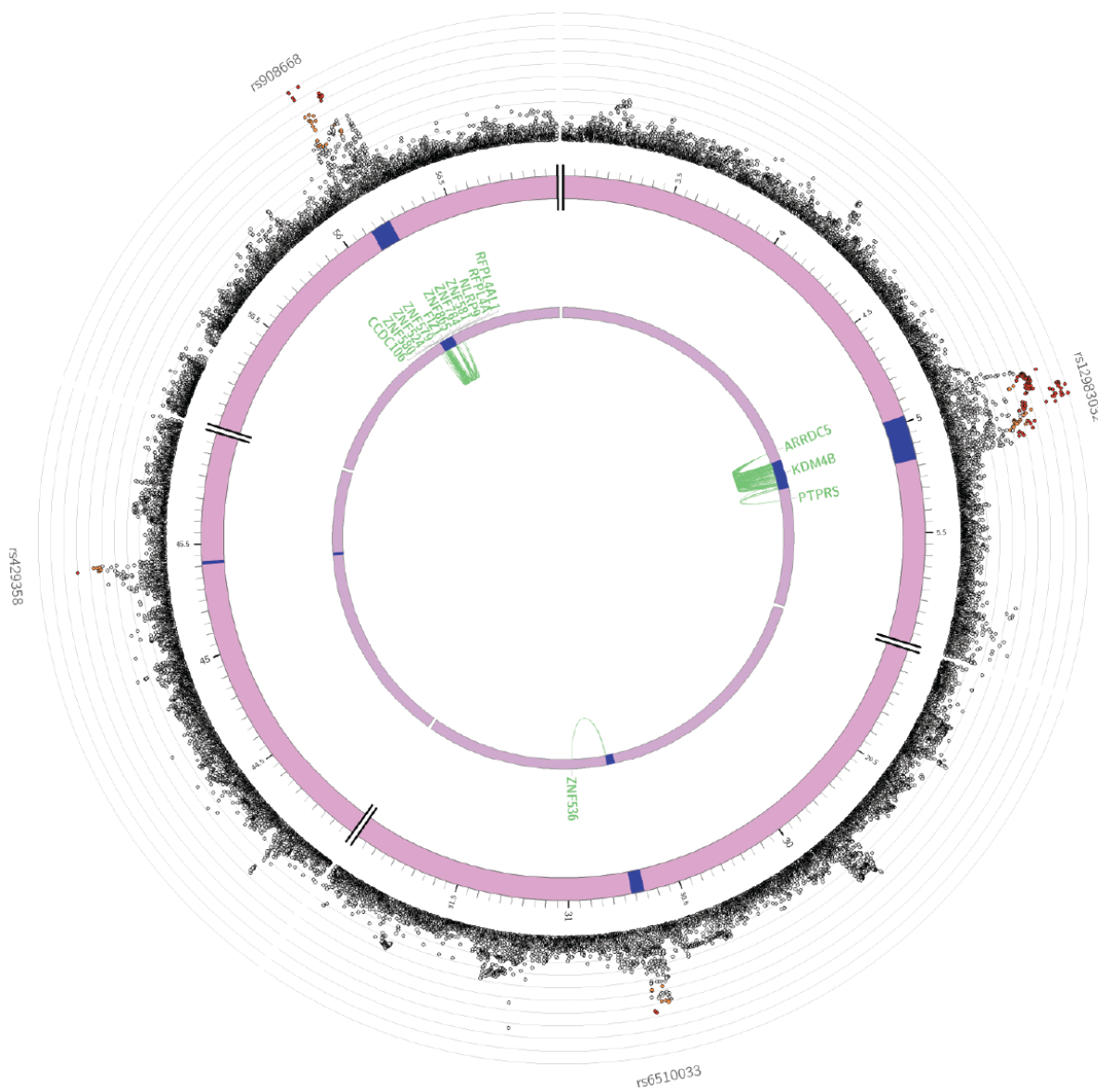




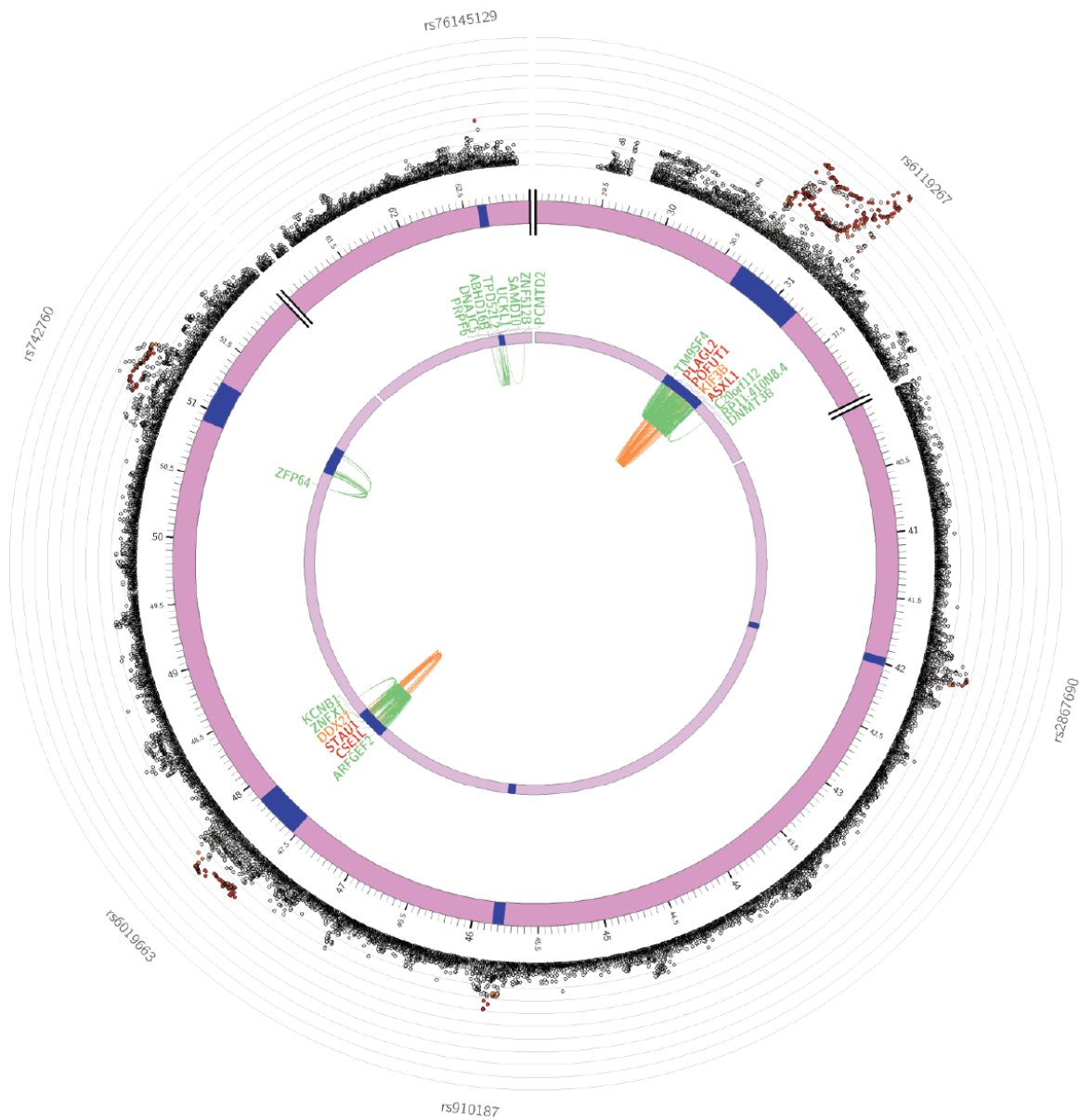
## Chromosome 18



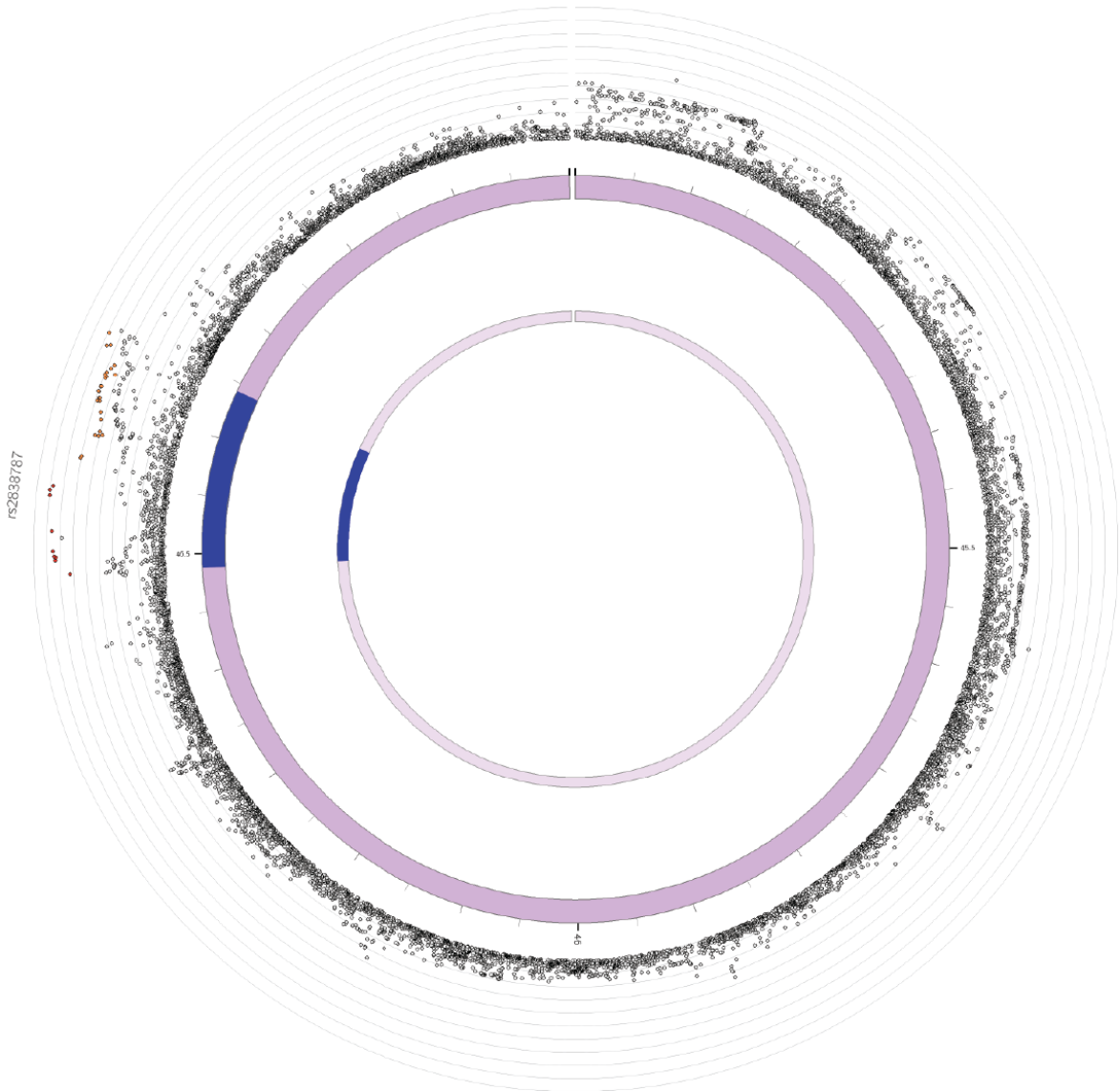
# Chromosome 19



# Chromosome 20



# Chromosome 21



# Chromosome 22

