

S1 Table. Basic characteristics of the study population

	Men (N=27,717)	Women (N=56,377)	P^a
Sleep duration			
Hours per day			<0.001
< 6 hours	2,868 (10.4)	7,260 (12.9)	
6-7 hours	17,885 (64.5)	33,950 (60.2)	
8-9 hours	6,430 (23.2)	14,009 (25.9)	
≥ 10 hours	534 (1.9)	1,158 (2.0)	
Sociodemographic factors			
Age (years, mean±SD)	53.9 ± 8.2	52.4 ± 7.6	<0.001
40-49	9,372 (33.8)	22,344 (39.6)	
50-59	10,335 (37.3)	22,340 (39.6)	
60-69	8,010 (28.9)	11,693 (20.7)	
Educational attainment			<0.001
Middle school or below	7,291 (26.3)	24,195 (42.9)	
High school graduate	11,158 (40.3)	22,610 (40.1)	
College degree or higher	8,773 (31.6)	8,499 (15.1)	
Unknown	495 (1.8)	1,073 (1.9)	
Occupational classification			<0.001
Non-manual	8,335 (30.1)	5,674 (10.1)	
Manual	13,135 (47.4)	14,027 (24.9)	
Unemployed / housewives	5,443 (19.6)	34,906 (61.9)	
Unknown	804 (2.9)	1,770 (3.1)	
Marital status			<0.001
Married	26,052 (94.0)	47,869 (84.9)	
Single or separated	1,441 (5.2)	8,079 (14.3)	
Unknown	224 (0.8)	429 (0.7)	
Lifestyle factors			
Smoking status			<0.001
Non-current smokers	18,997 (68.5)	54,654 (96.9)	
Current smokers	8,622 (31.1)	1,219 (2.2)	
Unknown	98 (0.4)	504 (0.9)	
Alcohol consumption			<0.001
Non-current drinkers	7,931 (28.6)	39,205 (69.5)	
Current drinkers	19,731 (71.2)	16,824 (29.8)	
Unknown	55 (0.2)	348 (0.6)	
Eating habits			<0.001
Having three meals a day	24,183 (87.3)	44,395 (78.7)	
Having irregular meals	3,457 (12.5)	11,843 (21.0)	
Unknown	77 (0.3)	139 (0.3)	
Intake of multi vitamin			<0.001
Multi-vitamin users	4,700 (17.0)	11,341 (20.1)	
Non-users	22,659 (81.7)	44,153 (78.3)	
Unknown	358 (1.3)	883 (1.6)	
Physical activity			<0.001
Regular exercisers	15,372 (55.5)	28,501 (50.6)	
Non-exercisers	12,291 (44.3)	27,766 (49.3)	
Unknown	54 (0.2)	110 (0.2)	
Psychological condition			
PWI status^b			<0.001
Positive wellbeing	3,862 (13.9)	5,300 (9.4)	
Moderate distress	19,860 (71.7)	39,144 (69.4)	
Severe distress	2,742 (9.9)	8,777 (15.6)	
Unknown	1,253 (4.5)	3,156 (5.6)	

Stress events			<0.001
Not at all	16,215 (58.5)	26,150 (46.4)	
Often	9,062 (32.7)	22,742 (40.3)	
Frequent	1,723 (6.2)	6,040 (10.7)	
Unknown	717 (2.6)	1,445 (2.6)	
Self-reported health status			<0.001
Healthy	12,148 (43.8)	17,993 (31.9)	
Normal	11,356 (41.0)	25,677 (45.6)	
Unhealthy	3,814 (13.8)	11,754 (20.9)	
Unknown	399 (1.4)	953 (1.7)	
Anthropometry			
Body mass index (kg/m², mean±SD) ^c	24.4 ± 2.7	23.8 ± 2.9	<0.001
Quartile 1 (Lowest)	7,000 (25.3)	14,447 (25.6)	
Quartile 2	7,161 (25.8)	13,739 (24.4)	
Quartile 3	6,584 (23.8)	14,062 (24.9)	
Quartile 4 (Highest)	6,737 (24.3)	13,722 (24.3)	
Unknown	235 (0.8)	407 (0.7)	
Waist circumference (cm, mean±SD) ^d	86.2 ± 7.4	79.2 ± 8.1	<0.001
Quartile 1 (Lowest)	6,757 (24.4)	13,944 (24.7)	
Quartile 2	6,885 (24.8)	15,246 (27.0)	
Quartile 3	6,893 (24.9)	12,311 (21.8)	
Quartile 4 (Highest)	6,482 (23.4)	13,789 (24.5)	
Unknown	700 (2.5)	1,087 (1.9)	

- a. *p*-value was calculated by chi-square test for categorical variables or Student's *t*-test for continuous variables
- b. Defined as positive wellbeing group with PWI score ≤ 8, moderate distress group with 8 < PWI score < 27, and severe distress group with PWI score ≥ 27
- c. Defined as follows: Quartile 1: ≤ 22.6, Quartile 2: 22.6 < BMI ≤ 24.4, Quartile 3: 24.4 < BMI ≤ 26.1, and Quartile 4: 26.1 < BMI in men; and Quartile 1: ≤ 21.8, Quartile 2: 21.8 < BMI ≤ 23.5, Quartile 3: 23.5 < BMI ≤ 25.5, and Quartile 4: 25.5 < BMI in women
- d. Defined as follows: Quartile 1: ≤ 81.3, Quartile 2: 81.3 < WC ≤ 86.0, Quartile 3: 86.0 < BMI ≤ 91.0, and Quartile 4: 91.0 < BMI in men; and Quartile 1: ≤ 73.5, Quartile 2: 73.5 < WC ≤ 79.0, Quartile 3: 79.0 < WC ≤ 84.3, Quartile 4: 84.3 < WC in women