

Table S1. Baseline sample characteristics stratified by alcohol and OTC medication use.

	OTC Medication		χ^2	Alcohol		χ^2
	Users (n = 172) %	Non-users (n = 477) %		Users (n = 81) %	Non-users (n = 568) %	
Gender, female	26.5	73.5		12.5	87.5	
Race:	77.3	66.5	7.0; p < .01†	54.3	71.5	9.8; p < .01‡
White			3.0; p = .08			2.4; p = .12
African American	77.3	66.9		63.0	69.9	
Asian	75.0	26.4		32.1	23.8	
Other	20.0	1.0		0.0	1.2	
Married	1.2	5.7		4.9	5.1	
Risk for Sleep Apnea	61.6	61.6	0.0; p = .99	59.3	62.0	0.2; p = .64
Risk for RLS	26.2	32.1	2.1; p = .15	31.5	23.5	2.2; p = .14
	8.7	6.1	1.4; p = .24	7.0	4.9	0.5; p = .48
	Mean (SD)	Mean (SD)	F-test	Mean (SD)	Mean (SD)	F-test
Age	48.1 (12.4)	48.1 (11.3)	0.0; p = .92	47.8 (11.2)	48.2 (11.7)	0.1; p = .72
Body Mass Index, kg/m ²	28.7 (6.1)	30.0 (7.2)	1.9; p = .17	28.6 (5.2)	29.7 (7.1)	0.5; p = .50
Insomnia Severity Index	11.4 (3.6)	10.7 (4.0)	3.9; p = .05	10.7 (3.8)	10.9 (3.9)	0.0; p = .84
Sleep parameters (minutes):						
SOL	62.7 (45.2)	58.2 (49.5)	0.9; p = .35	57.5 (51.9)	59.7 (47.9)	0.0; p = .96
WASO	95.7 (78.6)	83.3 (68.6)	4.0; p = .05	78.8 (76.1)	87.7 (70.9)	0.5; p = .47
TST	339.9 (76.3)	333.0 (80.6)	0.7; p = .41	328.7 (65.6)	335.7 (81.3)	0.2; p = .63
Epworth Sleepiness Scale	8.23 (4.1)	8.8 (4.7)	1.2; p = .28	9.0 (4.8)	8.6 (4.5)	0.6; p = .43
Beck Anxiety Inventory	11.1 (8.4)	10.1 (8.4)	1.7; p = .20	11.2 (8.1)	11.2 (8.1)	1.6; p = .21
QIDS	8.9 (4.2)	8.1 (4.1)	2.6; p = .08	8.7 (4.1)	8.7 (4.1)	0.8; p = .38

†, *Cramer's V* = .10; ‡, *Cramer's V* = .12; OTC, over-the-counter medication; RLS, restless leg syndrome; SOL, sleep onset latency; WASO, wake time after sleep onset; TST, total sleep time; QIDS, Quick Inventory of Depressive Symptomatology