

Supplement Table 1. Pittsburgh Sleep Quality Index (PSQI) Components According to Suicidal Ideation (N= 1,298)

Characteristics	All participants (N= 1,298)		PHQ-9 Suicidal Ideation				P-value <sup>a</sup>
			No (N = 1,188)		Yes (N = 110)		
	n	%	n	%	n	%	
<b>Sleep duration (hours)</b>							
≤6.0	121	9.3	101	8.5	20	18.2	0.01
6.1-7.0	251	19.3	233	19.6	18	16.4	
7.1-8.0	395	30.4	366	30.8	29	26.4	
≥ 8.1	531	40.9	488	41.1	43	39.1	
<b>Sleep latency (minutes)</b>							
≤ 15	795	61.3	735	61.9	60	54.5	0.02
16-30	419	32.3	383	32.2	36	32.7	
31-60	75	5.8	61	5.1	14	12.7	
≥ 60	9	0.7	9	0.8	0	0.0	
<b>Daytime dysfunction due to sleep</b>							
Never	753	58.0	720	60.6	33	30.0	<0.001
< Once a week	433	33.4	379	31.9	54	49.1	
1-2 times per week	102	7.9	82	6.9	20	18.2	
≥ 3 times per week	10	0.8	7	0.6	3	2.7	
<b>Sleep efficiency (%)</b>							
≥ 85	1274	98.2	1166	98.2	108	98.2	0.21
75-84	15	1.2	15	1.3	0	0.0	
65-74	5	0.4	4	0.3	1	0.9	
< 65	4	0.3	3	0.3	1	0.9	
<b>Sleep medicine during past month</b>							
Never	1295	99.8	1186	99.8	109	99.1	0.23
< once a week	0	0.0	0	0.0	0	0.0	
1-2 times per week	2	0.2	1	0.1	1	0.9	
≥ 3 times per week	1	0.1	1	0.1	0	0.0	
<b>Overall sleep quality</b>							
Good (PSQI ≤ 5)	1079	83.1	1018	85.7	61	55.5	<0.001
Poor (PSQI > 5)	219	16.9	170	14.3	49	44.5	

<sup>a</sup>: P-value was calculated from Chi-Square test or Fisher's exact test.