

S1 Table. Quality of sleep rates of participants according to sleep duration.

Factors	Total	Sleep time					P-value
		6(-) h	6 h	7 h	8 h	9+ h	
Quality of sleep (%)							<0.001*
Good	26.6	10.1	17.9	29.8	45.4	48.3	
Moderate	32.9	25.7	35.0	37.8	33.9	29.9	
Poor	40.5	64.2	47.0	32.4	20.7	21.8	

* Chi-square test with Rao-Scott correction, Significance at $P < 0.05$