



Appendix Figure 1. Conceptual model depicting the explored characteristics of subjective sleep quality.

Supplemental Digital Content

Table S1. Spearman correlation matrix for sleep indices and psychosocial factors in the Jackson Heart Study Sleep Ancillary (N=795)

	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16
1. Sleep quality	1.00															
2. Insomnia Dx	0.10 ***	1.00														
3. Sleep apnea Dx	0.10 ***	0.08 **	1.00													
4. RLS Dx	0.08 **	0.14 ***	0.07 **	1.00												
5. WHI insomnia	0.38 ***	0.12 ***	0.01	0.08 **	1.00											
6. Daytime sleepiness	0.07 **	-0.03	-0.03	0.07 *	0.12 ***	1.00										
7. RLS symptoms	0.17 ***	0.05	0.05	0.17 ***	0.17 ***	0.08 **	1.00									
8. Sleep duration	-0.05	-0.01	0.05	0.02	0.04	-0.21 ***	0.03	1.00								
9. Sleep efficiency	-0.10 ***	0.01	0.01	-0.06	-0.10 ***	-0.08 **	-0.07 *	0.34 ***	1.00							
10. Sleep fragmentation index	0.06 *	-0.01	0.01	0.06 *	0.04	0.05	0.05	-0.17 ***	-0.68 ***	1.00						
11. Sleep latency	-0.03	-0.03	0.07 **	-0.01	-0.08 **	0.00	0.00	-0.07 *	-0.24 ***	0.28 ***	1.00					
12. Sleep midpoint	0.08 **	-0.03	0.05	0.03	0.02	0.11 ***	0.06 *	0.04	-0.03	0.01	0.00	1.00				
13. WASO	0.09 **	-0.01	-0.01	0.06	0.13 ***	-0.02	0.08 **	0.05	-0.89 ***	0.64 ***	0.16 ***	0.03	1.00			
14. Sleep apnea (AHI > 15)	0.07 **	0.01	0.09 ***	0.11 ***	-0.01	0.04	0.02	-0.02	-0.10 ***	0.18 ***	0.01	0.07	0.10 ***	1.00		
15. Depressive symptom	0.23 ***	0.07 *	0.03	0.07 *	0.32 ***	0.11 ***	0.13 ***	0.00	-0.06 *	0.03	-0.02	0.10 ***	0.05	0.04	1.00	
16. Anxiety	0.26 ***	0.08 **	0.01	0.09 **	0.25 ***	0.14 ***	0.12 ***	-0.09 ***	-0.07 **	0.02	0.00	0.07 *	0.03	0.02	0.69 ***	1.00

Dx=diagnosis; RLS=restless legs syndrome; WHI=Women's Health Initiative Insomnia Rating Scale; ESS=Epworth Sleepiness Scale;; WASO=wake after sleep onset Depression Scale; \*\*\*  $P \leq 0.01$ , \*\*  $P \leq 0.05$ , \*  $P \leq 0.10$