

Supplementary Table 2. Results of Repeated Measures Analysis of Variance for Questionnaires

Questionnaires	EAM group				Control group			
	Baseline	6 months	12 months	<i>p</i> value	Baseline	6 months	12 months	<i>p</i> value
PSQI-K total score	3.26 (2.83)	3.09 (3.04)	3.61 (2.61)	0.238	3.96 (3.20)	4.35 (3.24)	3.96 (2.21)	0.902
Sleep quality	0.78 (0.80)	0.48 (0.73)	0.78 (0.74)	0.080	0.58 (0.72)	0.75 (0.79)	0.96 (0.46)	0.387
Sleep latency	0.83 (0.89)	0.70 (0.97)	0.78 (0.90)	0.692	1.08 (1.14)	1.21 (1.18)	1.13 (1.08)	0.462
Sleep duration	0.52 (0.73)	0.57 (0.90)	0.65 (0.93)	0.418	0.67 (1.09)	0.67 (0.92)	0.58 (0.88)	0.721
Sleep disturbance	0.83 (0.58)	0.87 (0.46)	0.78 (0.42)	0.001	0.96 (0.62)	0.88 (0.68)	0.79 (0.59)	0.973
K-GDS-30	8.04 (6.02)	6.17 (4.72)	6.83 (4.78)	0.509	9.48 (5.76)	8.80 (6.98)	8.64 (5.84)	0.699
K-GAI	4.13 (4.39)	2.13 (2.56)	2.04 (2.03)	0.450	4.88 (4.50)	3.38 (3.74)	3.46 (3.86)	0.803
Stress inventory	12.43 (4.92)	11.65 (2.82)	10.83 (2.71)	0.984	12.21 (3.20)	12.21 (3.72)	11.58 (2.67)	0.867

EAM, electrical automatic massage; K-GAI, Korean version of the Geriatric Anxiety Inventory; MMSE, Mini-Mental State Examination; K-GDS, Korean version of the Geriatric Depression Scale; PSQI-K, Korean version of the Pittsburgh Sleep Quality Index; SD, standard deviation.

Data are presented as mean (SD).