

Additional Information 1

The interviewer's guide

*Family environment

Do you live alone or with family? Choices: (1) alone (2) with family

*Job

Do you currently have a job? Choices: (1) yes (2) no

*Disease history (based on diagnosis or prescription of medication by a doctor)

Do you have hypertension? Choices: (1) yes (2) no

Do you have a history of stroke? Choices: (1) yes (2) no

Do you have diabetes? Choices: (1) yes (2) no

*Alcohol habits

Do you drink alcohol? Choices: (1) never (2) no (ex-drinker) (3) yes

If yes, how often do you drink? Choices: (1) <1 (2) 1, 2 or 3 (3) 4, 4 or 5, 5, 6 or 7 (days/week)

If yes, how much do you drink a day?

Choices: (1) <1 (2) 1-1.9 (3) 2-2.9 (4) 3-3.9 (5) 4-4.9 (6) 5-5.9 (7) 6-6.9 (8) 7-7.9 (9) 8-8.9 (10) 9-9.9 (11) 10 or more (*gou*/days; 1 *gou* is equivalent to 180 mL of Japanese *sake*)

*Smoking habits

Do you smoke? Choices: (1) never (2) no (ex-smoker) (3) yes

*Sleep habits

What time do you go to sleep? Typical time: _____:_____ (PM or AM)

How long do you sleep? (typical sleep duration)

Choices: (1) <3 (2) 3-3.9 (3) 4-4.9 (4) 5-5.9 (5) 6-6.9 (6) 7-7.9 (7) 8-8.9 (8) 9-9.9 (9) 10 or more (hours)

How is your sleep quality? Choices: (1) good (2) bad (sleep disturbance)

Do you take any sleep pills? Choices: (1) yes (2) no

Do you take a daytime nap? If so, for how long? Choices: (1) no (2) <30 (3) 30-59 (4) ≥60 (minutes)

*Cognitive function is assessed using the revised Hasegawa's dementia scale (HDS-R) (Imai & Hasegawa, 1994).

Appendix 1. Hasegawa's Dementia Scale - Revised (HDS-R)

1.	How old are you? (+/- 2 yrs.)		0	1
2.	Year, month, date, day? 1 point each.	Year Month Date Day	0 0 0 0	1 1 1 1
3.	What is this place? Correct answer in 5 sec.:2 points Correct choice between "hospital? office?"		0 0	2 1
4.	Repeating 3 words. 1 point each. (To use only one version per test.) Version A:"a)cherry blossom b)cat c)tram" Version B:"a)plum blossom b)dog c)car"	a) b) c)	0 0 0	1 1 1
5.	100-7=?If correct, 1 point. If not:skip to item #6. -7 again=?If correct, 1 point.	93 86	0 0	1 1
6.	Repeat 6-8-2 backwards. If not:skip to item #7. Repeat 3-5-2-9 backwards.		0 0	1 1
7.	Recall 3 words. For each words 2 points for spontaneous recall. 1 points for correct recall after category cue	a) b) c)	0 0 0	1 2 1 2 1 2
8.	Show five unrelated common object, then take them back and ask for recall. 1 point each.		0 3	1 2 4 5
9.	Name all vegetables that come to mind. No time limit. May remind once. Terminate when there is no further answer after a 10 ₇ sec. interval. For each vegetable name after the 5th one:1 point. 1._____ 2._____ 3._____ 4._____ 5._____ 6._____ 7._____ 8._____ 9._____ 10._____		0 3	1 2 4 5
Total score			/30	