

Supplemental Table 3. Univariate Associations between Psychological Factors and Sleep in the Community-based

Cohort (n=237)

Sleep measures	Comparisons	PSS-4		GPSS-4		PHQ-2		BRS		LEC	
		OR	<i>P</i> -value	OR	<i>P</i> -value	OR	<i>P</i> -value	OR	<i>P</i> -value	OR	<i>P</i> -value
Sleep Duration	<7 vs ≥7 h/night	2.61	<0.001*	2.21	0.003*	2.23	0.003*	0.65	0.106	2.97	<0.001*
Insomnia	≥8 vs <8	4.64	<0.001*	2.63	<.001*	2.08	0.008*	0.45	0.004*	2.05	0.009*
Pittsburgh Sleep Quality Index	>5 vs ≤5	2.33	0.003*	2.04	0.010*	1.84	0.026*	0.48	0.007*	2.52	0.001*
Obstructive Sleep Apnea	High-risk vs low-risk	2.93	0.009*	2.46	0.020*	1.77	0.115	0.80	0.537	4.43	<0.001*
Snore	Yes vs no	1.45	0.204	1.33	0.326	1.32	0.336	1.56	0.137	2.30	0.005*

Abbreviations: BRS, Brief Resilience Scale; LEC, Life Events Checklist; GPSS-4, global perceived stress scale; PHQ-2, patient health questionnaire; PSS-4, perceived stress scale.

**P*<0.05