

Table S2. Odds ratio of sleep duration relationship to index (MQI_{Arm}), 2-year follow-up, by sex

	Sleep duration (hr)	Male			Female				
		OR	95% CI	p-value	OR	95% CI	p-value		
Model1 ^{a)}	6–8	1	Ref	Ref	1	Ref	Ref		
	<6	1.022	0.621	1.684	0.930	1.061	0.691	1.629	0.785
	>8	1.504	0.661	3.423	0.330	1.58	0.569	4.391	0.380
Model2 ^{b)}	6–8	1	Ref	Ref	1	Ref	Ref		
	<6	0.989	0.594	1.646	0.966	1.081	0.700	1.670	0.725
	>8	1.705	0.734	3.956	0.214	1.581	0.561	4.461	0.386
Model3 ^{c)}	6–8	1	Ref	Ref	1	Ref	Ref		
	<6	0.911	0.540	1.536	0.726	1.022	0.656	1.592	0.923
	>8	1.612	0.679	3.823	0.279	1.532	0.538	4.364	0.425

OR, odds ratio; CI, confidence interval; BMI, body mass index; CVD, cerebrovascular disease ; HTN, hypertension; DM, diabetes mellitus.

^{a)}Unadjusted, ^{b)}adjusted for age and BMI, ^{c)}adjusted for age, BMI, polypharmacy, alcohol consumption, education, working, HTN, osteoporosis, and depression. p-value was obtained by logistic regression analysis.

MQI_{Arm} (kg/kg) was defined as the ratio between dominant handgrip strength and dominant arm ASM.²⁵⁾ Low MQI_{Arm} was defined as -1 SD in our study group, which is 11.04 in male and 10.03 in female.²⁶⁾