

## SUPPLEMENTARY MATERIALS 1

### Modified Korean version of the Epworth Sleepiness Scale

How likely are you to doze off or fall asleep in the following situations, in contrast to feeling just tired? Please refer to your usual way of life over the last month. Even if you haven't done some of these things over the last month try to imagine how they would have affected you. Please choose the most appropriate score for each situation.

It is important that you answer each question as best you can

Situation	Would never doze	Slight chance of dozing	Moderate chance of dozing	High chance of dozing
Sitting on a chair and reading (e.g., a book, newspaper, magazine, or a document)	0	1	2	3
Sitting on a sofa (or a chair) and watching TV	0	1	2	3
Sitting inactive in a public place(e.g., a theatre or a meeting)	0	1	2	3
As a passenger in a moving vehicle(e.g., a car, bus, or a train) for an hour without a break	0	1	2	3
Lying down to rest in the afternoon when circumstances permit	0	1	2	3
Sitting on a chair and talking to someone	0	1	2	3
Sitting on a chair quietly after a lunch without alcohol	0	1	2	3
As a passenger in a vehicle (e.g., a bus or a train) holding a handle or leaning on a chair without alcohol	0	1	2	3