

Supplementary Table 2. Demographic characteristics of participants in Study II

Variable	Participants (N=400)
Male	204 (51.0)
Age (yr)	41.6±10.8
18–29 yr	86 (21.5)
30–39 yr	90 (22.5)
40–49 yr	108 (27.0)
50–59 yr	96 (24.0)
≥60 yr	20 (5.0)
Marital status	
Single	186 (46.5)
Married, with kids	169 (42.3)
Married, without kids	35 (8.8)
Others	10 (2.6)
Psychiatric history	
Have you experienced or treated depression, anxiety, or insomnia?, yes	51 (12.8)
Currently, do you think you are depressed or anxious, or do you need help regulating your mood state?, yes	36 (9.0)
Symptom rating	
Insomnia Severity Index (7 items)	11.6±5.1
Insomnia Severity Index (3 items) ³	4.1±2.8
Insomnia Severity Index (3 items) ⁸	5.4±2.3
Insomnia Severity Index (2 items) ⁹	2.7±2.0
Dysfunctional Beliefs and Attitudes about Sleep–16 items	5.2±1.4
Dysfunctional Beliefs about Sleep–2 items	11.0±2.6
Patient Health Questionnaire–9 items	6.6±5.4
Discrepancy between desired time in bed and desired total sleep time index	0.8±1.3

Values are presented as mean±standard deviation or number (%).