

Supplementary Table 1. Comparisons of clinical characteristics between older and younger groups based on a 40-year-old age threshold

	Older group (n=12,847)	Younger group (n=10,148)	<i>p</i>	OR (95% CI)*
Sex, male	11,072 (86.2)	8,653 (85.3)	0.048	0.686 (0.629–0.749) [‡]
Current smoker	8,961 (69.8)	6,098 (60.1)	<0.001	1.536 (1.441–1.638) [‡]
Weekly alcohol consumption	1.65±1.30	1.36±1.01	<0.001	1.195 (1.167–1.224) [‡]
Days of exercise per week	1.31±1.75	1.24±1.68	0.003	1.024 (1.008–1.040) [‡]
Global PSQI score	4.69±2.44	4.49±2.40	<0.001	1.024 (1.013–1.035) [‡]
Subjective poor sleepers (PSQI >5)	4,143 (32.2)	3,013 (29.7)	<0.001	1.076 (1.016–1.139) [†]
Short sleep duration (<6 hr)	7,769 (60.5)	5,379 (53.0)	<0.001	1.328 (1.259–1.401) [‡]
Metabolic syndrome	3,014 (23.5)	1,646 (16.2)	<0.001	1.511 (1.411–1.617) [‡]
Abdominal obesity	3,982 (31.0)	2,987 (29.4)	<0.001	1.040 (0.982–1.102)
Elevated blood pressure	3,972 (30.9)	1,999 (19.7)	<0.001	1.762 (1.654–1.876) [‡]
Elevated FBG and DM	5,408 (42.1)	2,778 (27.4)	<0.001	1.846 (1.743–1.954) [‡]
Hypertriglyceridemia	4,556 (35.5)	2,980 (29.4)	<0.001	1.256 (1.186–1.331) [‡]
Low HDL-C	1,680 (13.1)	1,304 (12.8)	0.611	1.042 (0.962–1.127)

Data are expressed as mean±standard deviation or n (%) unless otherwise indicated. *odds ratios (ORs) and 95% confidence intervals (CIs) were estimated using a logistic regression model adjusted for sex, weekly alcohol consumption, smoking status, and weekly exercise frequency; [†]*p*<0.05; [‡]*p*<0.001. PSQI, Pittsburgh Sleep Quality Index; FBG, fasting blood glucose; DM, diabetes mellitus; HDL-C, high-density lipoprotein-cholesterol