

**Supplementary Table 2.** Odds ratio and 95% confidence interval for underweight, overweight, obesity, and severe obesity with respect to normal body weight according to sleep duration and quality

	Underweight (n=152)*	Overweight (n=3,727)*	Obesity (n=4,726)*	Severe obesity (n=497)*
	vs. Normal weight (n=3,745)			
<b>Older group (n=12,847)</b>				
Subjective poor sleepers (PSQI >5)	0.815 (0.569–1.168)	0.983 (0.890–1.086)	0.992 (0.901–1.093)	1.409 (1.154–1.721)
Short sleep duration (<6 hr)	0.789 (0.569–1.095)	1.119 (1.019–1.230)	1.253 (1.142–1.374)	1.611 (1.311–1.979)
	Underweight (n=250)*	Overweight (n=2,533)*	Obesity (n=3,427)*	Severe obesity (n=577)*
	vs. Normal weight (n=3,361)			
<b>Younger group (n=10,148)</b>				
Subjective poor sleepers (PSQI >5)	1.268 (0.966–1.665)	1.051 (0.934–1.182)	1.019 (0.911–1.140)	1.341 (1.103–1.631)
Short sleep duration (<6 hr)	1.063 (0.816–1.384)	1.154 (1.037–1.285)	1.258 (1.136–1.393)	1.512 (1.255–1.821)

\*adjusted for age, sex, weekly alcohol consumption and exercise, smoking status, systolic blood pressure, diastolic blood pressure, and fasting blood glucose. PSQI, Pittsburgh Sleep Quality Index