Supplemental Table 1.

Correlation matrix for demographic, clinical, sleep, and inflammation variables.

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|   | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 | 12 | 13 | 14 | 15 | 16 | 17 | 18 | 19 | 20 | 21 | 22 | 23 | 24 | 25 |
| 1. Suicide attempt |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 2. Suicidal Ideation | 0.16 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 3. Sleep duration (≤6h) | 0.14 | 0.08 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 4. Sleep duration (≥10h) | 0.05 | 0.12 | -0.15 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 5. Insomnia symptoms | 0.13 | 0.21 | 0.53 | -0.11 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 6. CRP | 0.09 | 0.02 | 0.06 | 0.02 | 0.05 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 7. IL-6 | 0.08 | 0.06 | 0.05 | 0.08 | 0.03 | 0.28 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 8. TNF-α | 0.04 | 0.02 | 0.03 | 0.03 | 0.00 | 0.13 | 0.15 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 9. Age | 0.02 | -0.05 | 0.22 | -0.10 | 0.20 | 0.12 | 0.15 | 0.05 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 10. Gender | 0.01 | -0.04 | -0.07 | 0.06 | 0.00 | 0.04 | -0.06 | -0.02 | -0.10 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 11. Education | -0.10 | -0.04 | -0.14 | -0.03 | -0.12 | -0.19 | -0.11 | -0.10 | -0.06 | 0.03 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 12. Unemployed | 0.01 | 0.07 | -0.01 | 0.08 | -0.03 | 0.03 | 0.01 | 0.03 | -0.12 | 0.08 | -0.13 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 13. Occupational disabled | 0.12 | 0.11 | 0.09 | 0.09 | 0.20 | 0.06 | 0.09 | 0.05 | 0.16 | -0.03 | -0.11 | -0.21 |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 14. Other employment | 0.00 | -0.04 | -0.01 | 0.01 | -0.02 | 0.03 | 0.02 | -0.02 | 0.14 | -0.02 | 0.02 | -0.13 | -0.13 |  |  |  |  |  |  |  |  |  |  |  |  |
| 15. Antidepressant use | 0.10 | 0.13 | -0.03 | 0.12 | 0.07 | 0.08 | 0.08 | 0.02 | 0.05 | -0.01 | -0.07 | 0.00 | 0.18 | -0.04 |  |  |  |  |  |  |  |  |  |  |  |
| 16. Body Mass Index (BMI) | 0.08 | -0.03 | 0.14 | -0.01 | 0.08 | 0.41 | 0.25 | 0.13 | 0.25 | -0.08 | -0.20 | -0.03 | 0.11 | 0.02 | 0.08 |  |  |  |  |  |  |  |  |  |  |
| 17. Number of chronic medical diseases | 0.10 | -0.02 | 0.13 | 0.07 | 0.16 | 0.10 | 0.12 | 0.10 | 0.33 | -0.03 | -0.13 | -0.06 | 0.26 | 0.05 | 0.06 | 0.22 |  |  |  |  |  |  |  |  |  |
| 18. Depression symptoms | 0.05 | 0.08 | 0.05 | 0.05 | 0.10 | 0.04 | 0.02 | 0.05 | -0.03 | 0.00 | -0.07 | 0.03 | 0.06 | -0.04 | 0.18 | -0.02 | 0.02 |  |  |  |  |  |  |  |  |
| 19. Anxiety symptoms | 0.19 | 0.26 | 0.18 | 0.09 | 0.34 | 0.09 | 0.08 | 0.07 | -0.01 | 0.02 | -0.23 | 0.05 | 0.24 | -0.09 | 0.22 | 0.11 | 0.18 | 0.17 |  |  |  |  |  |  |  |
| 20. Former smoker | -0.04 | -0.07 | 0.02 | -0.05 | 0.03 | -0.01 | -0.06 | -0.03 | 0.23 | 0.00 | 0.07 | -0.08 | 0.00 | 0.05 | -0.05 | 0.10 | 0.08 | -0.07 | -0.10 |  |  |  |  |  |  |
| 21. Current smoker | 0.09 | 0.08 | 0.01 | 0.04 | -0.04 | 0.08 | 0.09 | 0.02 | -0.10 | -0.05 | -0.14 | 0.05 | 0.01 | -0.05 | 0.07 | -0.06 | -0.05 | 0.06 | 0.14 | -0.59 |  |  |  |  |  |
| 22. Current depressive disorder | -0.02 | 0.04 | 0.00 | 0.02 | 0.05 | 0.01 | 0.02 | 0.01 | -0.04 | -0.03 | 0.04 | -0.02 | 0.01 | -0.01 | 0.04 | -0.01 | -0.01 | 0.12 | -0.09 | 0.00 | -0.01 |  |  |  |  |
| 23. Current anxiety disorder | -0.09 | -0.12 | -0.09 | -0.06 | -0.09 | -0.02 | 0.01 | -0.04 | -0.01 | -0.01 | 0.02 | -0.03 | -0.02 | -0.02 | -0.05 | -0.06 | -0.02 | -0.02 | 0.02 | 0.04 | 0.00 | -0.25 |  |  |  |
| 24. Current depressive and anxiety disorder | 0.20 | 0.26 | 0.15 | 0.12 | 0.25 | 0.03 | 0.03 | 0.03 | -0.05 | 0.00 | -0.14 | 0.05 | 0.17 | -0.03 | 0.24 | 0.04 | 0.06 | 0.19 | 0.44 | -0.10 | 0.09 | -0.32 | -0.38 |  |  |
| 25. Remitted depression and/or anxiety disorder | -0.11 | -0.20 | -0.07 | -0.09 | -0.22 | -0.03 | -0.06 | 0.00 | 0.10 | 0.03 | 0.10 | -0.02 | -0.16 | 0.06 | -0.24 | 0.01 | -0.04 | -0.28 | -0.41 | 0.07 | -0.08 | -0.28 | -0.34 | -0.42 |  |

*P*-values were less than 0.05, 0.01, and 0.01 for correlations greater than 0.04, 0.06, and 0.07, respectively. CRP, IL-6, and TNF-α were log-transformed. Sleep-related questions (items 1-4) from the Inventory of Depressive Symptomatology were removed. CRP: C-reactive protein; IL-6: interleukin-6; TNF-α: tumor necrosis factor alpha.