**Supplementary Figure 1.** Correlation analysis of insomnia symptoms in the study population

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| --- | --- | --- | --- | --- | --- | --- |
|  | Interrupted night-time sleep | Does not want to go to bed | Unruly in bed, throws bedclothes on the floor | Difficulty initiating sleep | Awake much of the night | Wakes up early in the morning |
| Does not want to go to bed | 0.265<0.001 |  |  |  |  |  |
| Unruly in bed, throws bedclothes on the floor | 0.176<0.001 | 0.194<0.001 |  |  |  |  |
| Difficulty initiating sleep | 0.347<0.001 | 0.257<0.001 | 0.134<0.001 |  |  |  |
| Awake much of the night | 0.374<0.001 | 0.206<0.001 | 0.134<0.001 | 0.539<0.001 |  |  |
| Wakes up early in the morning | 0.295<0.001 | 0.127<0.001 | 0.0640.004 | 0.256<0.001 | 0.319<0.001 |  |
| Sleeps for long periods during the day | 0.0620.006 | -0.0250.254 | 0.0630.005 | 0.0460.040 | 0.124<0.001 | -0.0070.769 |
|  |  |  |  |  |  |  |
| Notes: Numbers in the table represent correlation coefficients and p-values. |