

Supplementary Table 2. Simple regression analysis of factors associated with total sleep time among community-dwelling older adults

	Sleep duration	
	B (SE)	p-value
Age	1.214 (1.266)	0.339
Sex, female	-48.664 (16.473)	0.003
Low education (≤ 6 yrs)	-25.963 (19.029)	0.174
Perceived economic status, lower third	-34.584 (16.158)	0.033
Current job status, no	0.545 (16.349)	0.973
Current smoking, yes	55.962 (33.069)	0.092
Current drinking, yes	32.289 (20.643)	0.119
Psychiatric past history (SCID)	32.779 (31.191)	0.294
Current psychiatric illness (SCID)	26.208 (27.554)	0.343
Presence of depression (CES-D ≥ 16)	-53.169 (17.623)	0.003
Interference by pain (>1/week)	-6.310 (16.774)	0.707
Cognitive impairment (MMSE-DS)*	-4.120 (20.867)	0.844
Sleep initiation difficulty (latency >30 min)	-76.997 (15.294)	<0.001
Anger out (STAXI-K)	0.024 (2.211)	0.991
Anger in (STAXI-K)	-2.431 (1.873)	0.196
Anger control (STAXI-K)	-0.961 (1.486)	0.518
Poor sleep quality (≥ 2 of PSQI component 1)	-108.370 (17.160)	<0.001
Severe perceived stress (PSS ≥ 27)	-133.432 (42.540)	0.002

*MMSE-DS score was adjusted MMSE score by sex, age, educational level [17]. SCID: Structured Clinical Interview for DSM-IV TR, CES-D: Center for Epidemiological Studies Depression Scale, MMSE-DS: Mini-Mental State Examination for dementia screening, STAXI-K: Korean adaptation of the State-Trait Anger Expression Inventory, PSQI: Pittsburgh Sleep Quality Index, PSS: Perceived Stress Scale.