

Supplementary Table 1. Association between age and sleep quality and duration

Component	Age groups	PSQI score	p-value
Sleep quality	30-45 yrs (n = 29)	0.72 ± 0.65	0.003
	46-60 yrs (n = 27)	1.59 ± 1.19	
Sleep duration	30-45 yrs (n = 29)	0.72 ± 0.84	0.370
	46-60 yrs (n = 27)	1.07 ± 0.87	

Data are presented as mean ± standard deviation.
PSQI, Pittsburgh Sleep Quality Index.