

Supplementary Table 1. Descriptive statistics for Pittsburgh Sleep Quality Index, cognitive motion regulation strategies, and health-promoting lifestyle profile

| | N | Minimum | Maximum | Mean | Std. deviation | Variance |
|--|---|---------|---------|---------|----------------|----------|
| Pittsburgh Sleep Quality Index | | | | | | |
| Component 1. Subjective sleep quality | | 0.00 | 3.00 | 1.2376 | 0.88700 | 0.787 |
| Component 2. Sleep latency | | 0.00 | 3.00 | 1.4574 | 0.88481 | 0.783 |
| Component 3. Sleep duration | | 0.00 | 3.00 | 1.0957 | 1.08437 | 1.176 |
| Component 4. Sleep efficiency | | 0.00 | 3.000 | 0.45035 | 0.900385 | 0.811 |
| Component 5. Sleep disturbance | | 0.00 | 3.00 | 1.3121 | 0.55495 | 0.308 |
| Component 6. Use of sleep medication | | 0.00 | 3.00 | 0.5000 | 0.93660 | 0.877 |
| Component 7. Daytime dysfunction | | 0.00 | 3.00 | 1.5957 | 0.97644 | 0.953 |
| Overall Pittsburgh Sleep Quality Index score | | 0.00 | 17.00 | 7.6489 | 3.52936 | 12.456 |
| Cognitive motion regulation strategies | | | | | | |
| Self-blame | | 2.00 | 10.00 | 6.1385 | 2.40700 | 5.794 |
| Acceptance | | 2.00 | 10.00 | 5.7558 | 2.50643 | 6.282 |
| Rumination | | 2.00 | 10.00 | 6.7630 | 2.23380 | 4.990 |
| Positive-refocusing | | 2.00 | 10.00 | 5.4942 | 2.07113 | 4.290 |
| Refocus on planning | | 2.00 | 10.00 | 6.8389 | 2.22861 | 4.967 |
| Positive reappraisal | | 2.00 | 10.00 | 7.3090 | 2.37239 | 5.628 |
| Putting into perspective | | 2.00 | 10.00 | 6.3501 | 2.18403 | 4.770 |
| Catastrophizing | | 2.00 | 10.00 | 5.0338 | 2.49687 | 6.234 |
| Other blame | | 2.00 | 10.00 | 5.1643 | 2.02849 | 4.115 |
| Adaptive cognitive strategies | | 1.60 | 4.80 | 3.1748 | 0.67145 | 0.451 |
| Maladaptive cognitive strategies | | 1.13 | 5.00 | 2.8874 | 0.74146 | 0.550 |
| Health-promoting lifestyle profile | | | | | | |
| Spiritual growth | | 1.00 | 4.00 | 2.8002 | 0.63317 | 0.401 |
| Health responsibility | | 1.00 | 4.00 | 2.2578 | 0.67142 | 0.451 |
| Physical activity | | 1.00 | 4.00 | 2.2439 | 0.73726 | 0.544 |
| Nutrition | | 1.11 | 4.00 | 2.3798 | 0.55029 | 0.303 |
| Interpersonal relations | | 1.11 | 4.00 | 2.6878 | 0.61582 | 0.379 |
| Stress management | | 1.13 | 4.00 | 2.2508 | 0.54340 | 0.295 |
| Health promoting lifestyle profile | | 1.25 | 4.00 | 2.4477 | 0.46793 | 0.219 |