

Supplementary Table 2. Pearson's correlation coefficient between poor sleep quality and health-promoting lifestyle profile components

	1	2	3	4	5	6	7	8
Global PSQI score								
Pearson correlation	1							
Sig. (2-tailed)								
N	282							
Health-promoting lifestyle profile								
Pearson correlation	-0.306**	1						
Sig. (2-tailed)	0.000							
N	282	282						
Spiritual growth								
Pearson correlation	-0.295**	0.753**	1					
Sig. (2-tailed)	0.000	0.000						
N	282	282	282					
Health responsibility								
Pearson correlation	-0.259**	0.798**	0.508**	1				
Sig. (2-tailed)	0.000	0.000	0.000					
N	282	282	282	282				
Physical activity								
Pearson correlation	-0.053	0.713**	0.420**	0.436**	1			
Sig. (2-tailed)	0.378	0.000	0.000	0.000				
N	282	282	282	282	282			
Nutrition								
Pearson correlation	-0.215**	0.704**	0.354**	0.483**	0.455**	1		
Sig. (2-tailed)	0.000	0.000	0.000	0.000	0.000			
N	282	282	282	282	282	282		
Interpersonal relations								
Pearson correlation	-0.270**	0.745**	0.519**	0.579**	0.337**	0.421**	1	
Sig. (2-tailed)	0.000	0.000	0.000	0.000	0.000	0.000		
N	282	282	282	282	282	282	282	
Stress management								
Pearson correlation	-0.312**	0.798**	0.561**	0.598**	0.523**	0.510**	0.483**	1
Sig. (2-tailed)	0.000	0.000	0.000	0.000	0.000	0.000	0.000	
N	282	282	282	282	282	282	282	282

**p < 0.01.

PSQI, Pittsburgh Sleep Quality Index.