

Supplementary Table 1. OR of detailed items of sleep disturbance according to the frequency of working during free time

	Model 1		Model 2		Model 3	
	Adjusted OR ^a (95% CI)	<i>p</i> -value	Adjusted OR ^b (95% CI)	<i>p</i> -value	Adjusted OR ^c (95% CI)	<i>p</i> -value
Difficulties falling asleep						
<2 times per month	1.09 (0.89–1.33)	0.4137	1.09 (0.89–1.34)	0.3925	1.09 (0.89–1.34)	0.3954
≥2 times per month	2.42 (1.89–3.10)	<0.0001	2.41 (1.87–3.09)	<0.0001	2.41 (1.88–3.09)	<0.0001
Daily	3.89 (1.93–7.83)	0.0001	3.75 (1.86–7.58)	0.0002	3.76 (1.86–7.59)	0.0002
Night awakenings						
<2 times per month	1.14 (0.96–1.36)	0.1293	1.15 (0.97–1.37)	0.1105	1.15 (0.97–1.37)	0.1098
≥2 times per month	2.33 (1.87–2.90)	<0.0001	2.35 (1.88–2.94)	<0.0001	2.35 (1.88–2.94)	<0.0001
Daily	4.38 (2.42–7.96)	<0.0001	4.40 (2.42–8.00)	<0.0001	4.40 (2.42–7.99)	<0.0001
Not being rested by sleep						
<2 times per month	1.35 (1.16–1.58)	0.0002	1.34 (1.15–1.57)	0.0002	1.34 (1.14–1.56)	0.0003
≥2 times per month	3.02 (2.48–3.67)	<0.0001	2.89 (2.38–3.53)	<0.0001	2.91 (2.39–3.55)	<0.0001
Daily	8.80 (5.60–13.83)	<0.0001	8.12 (5.14–12.83)	<0.0001	8.20 (5.18–12.95)	<0.0001

OR: odds ratio; CI: confidence interval.

^aModel 1: Adjusted for education level, sex, age, type of employment, occupation, work schedule, flexibility of working hours, number of employees, right to choose work location; ^bModel 2: Adjusted for Model 1 covariates plus weekly working hours;

^cModel 3: Adjusted for Model 2 covariates plus shift work.