

**Supplementary Table 2.** OR of detailed items of sleep disturbance according to the use communications devices for work during free time

	Model 1		Model 2		Model 3	
	Adjusted OR <sup>a</sup> (95% CI)	<i>p</i> -value	Adjusted OR <sup>b</sup> (95% CI)	<i>p</i> -value	Adjusted OR <sup>c</sup> (95% CI)	<i>p</i> -value
<b>Difficulties falling asleep</b>						
<2 times per month	1.12 (0.89–1.42)	0.3342	1.12 (0.89–1.41)	0.3427	1.12 (0.89–1.41)	0.3461
≥2 times per month	2.40 (1.89–3.04)	<0.0001	2.37 (1.87–3.01)	<0.0001	2.37 (1.87–3.01)	<0.0001
Daily	2.32 (1.80–2.99)	<0.0001	2.31 (1.79–2.98)	<0.0001	2.31 (1.79–2.99)	<0.0001
<b>Night awakenings</b>						
<2 times per month	1.02 (0.84–1.24)	0.8491	1.02 (0.84–1.25)	0.8331	1.02 (0.84–1.25)	0.8317
≥2 times per month	1.93 (1.57–2.38)	<0.0001	1.93 (1.56–2.38)	<0.0001	1.93 (1.56–2.38)	<0.0001
Daily	2.01 (1.61–2.50)	<0.0001	2.00 (1.60–2.50)	<0.0001	2.00 (1.60–2.49)	<0.0001
<b>Not being rested by sleep</b>						
<2 times per month	1.21 (1.02–1.44)	0.0314	1.20 (1.01–1.43)	0.0423	1.19 (1.00–1.42)	0.0464
≥2 times per month	2.39 (1.99–2.87)	<0.0001	2.33 (1.94–2.80)	<0.0001	2.33 (1.94–2.80)	<0.0001
Daily	1.90 (1.54–2.33)	<0.0001	1.91 (1.55–2.35)	<0.0001	1.92 (1.56–2.37)	<0.0001

OR: odds ratio; CI: confidence interval.

<sup>a</sup>Model 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, <sup>b</sup>Model 2: Adjusted for Model 1 covariates plus weekly working hours,

<sup>c</sup>Model 3: Adjusted for Model 2 covariates plus shift work.