

Supplementary Table 3. OR of sleep disturbance according to work-related activities during free time

| | Adjusted OR (95% CI) | |
|---------------------|---------------------------------------|--|
| | Frequency of working during free time | Use of communication devices for work during free time |
| Total | | |
| Never | 1.00 (reference) | 1.00 (reference) |
| <2 times per month | 1.52 (1.36–1.70) | 1.32 (1.16–1.49) |
| ≥2 times per month | 2.50 (2.14–2.92) | 1.95 (1.70–2.25) |
| Daily | 4.10 (2.60–6.45) | 1.84 (1.57–2.15) |
| <30 years | | |
| Never | 1.00 (reference) | 1.00 (reference) |
| <2 times per month | 1.74 (1.08–2.79) | 2.41 (1.40–4.14) |
| ≥2 times per month | 3.32 (1.78–6.17) | 2.76 (1.48–5.16) |
| Daily | 3.64 (0.44–29.9) | 2.03 (0.98–4.12) |
| 30–39 years | | |
| Never | 1.00 (reference) | 1.00 (reference) |
| <2 times per month | 1.70 (1.31–2.19) | 1.26 (0.94–1.69) |
| ≥2 times per month | 3.35 (2.42–4.64) | 2.16 (1.58–2.96) |
| Daily | 17.5 (7.94–38.7) | 2.14 (1.52–3.01) |
| 40–49 years | | |
| Never | 1.00 (reference) | 1.00 (reference) |
| <2 times per month | 1.53 (1.20–1.97) | 1.32 (1.00–1.74) |
| ≥2 times per month | 2.73 (1.97–3.78) | 1.85 (1.35–2.55) |
| Daily | 3.57 (1.31–9.74) | 1.85 (1.32–2.61) |
| 50–59 years | | |
| Never | 1.00 (reference) | 1.00 (reference) |
| <2 times per month | 1.40 (1.14–1.72) | 1.27 (1.01–1.60) |
| ≥2 times per month | 2.02 (1.51–2.70) | 2.18 (1.68–2.80) |
| Daily | 2.46 (0.94–6.57) | 1.86 (1.41–2.47) |
| ≥60 years | | |
| Never | 1.00 (reference) | 1.00 (reference) |
| <2 times per month | 1.57 (1.24–1.99) | 1.34 (1.04–1.74) |
| ≥2 times per month | 1.84 (1.22–2.80) | 1.54 (1.12–2.13) |
| Daily | 0.44 (0.06–3.34) | 1.48 (1.06–2.09) |

OR: odds ratio; CI: confidence interval.