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| **Supplemental Material 2 – eResults 1. Factors associated with poor sleep quality among non-cohabiting family members of a PwD.** | | | | | | | | | |
| **Variables** | **Poor sleep quality (PSQI >5)** | | | | | | | | |
| **Male** | | | |  | **Female** | | | |
| **AOR** | **95% CI** | | |  | **AOR** | **95% CI** | | |
| **Age (y)** |  |  |  |  |  |  |  |  |  |
| 19-29 | 0.93 | (0.59 | – | 1.46) |  | 0.97 | (0.62 | – | 1.52) |
| 30-39 | 1.12 | (0.75 | – | 1.70) |  | 0.84 | (0.58 | – | 1.22) |
| 40-49 | 1.17 | (0.85 | – | 1.62) |  | 0.78 | (0.56 | – | 1.08) |
| 50-59 | 1.17 | (0.87 | – | 1.57) |  | 0.84 | (0.62 | – | 1.14) |
| 60-69 | 0.95 | (0.73 | – | 1.24) |  | 0.78 | (0.58 | – | 1.04) |
| ≥70 | **1.00** |  |  |  |  | **1.00** |  |  |  |
| **Marital status** |  |  |  |  |  |  |  |  |  |
| Never married | 0.83 | (0.61 | – | 1.14) |  | 0.72 | (0.52 | – | 1.00) |
| Divorced, widowed or separated | 1.37 | (0.87 | – | 2.15) |  | 1.50 | (1.17 | – | 1.93) |
| Married | **1.00** |  |  |  |  | **1.00** |  |  |  |
| **No. of family members** |  |  |  |  |  |  |  |  |  |
| 2–4 | 1.22 | (0.93 | – | 1.58) |  | 0.98 | (0.76 | – | 1.26) |
| ≥5 | **1.00** |  |  |  |  | **1.00** |  |  |  |
| **No. of cohabiting generations** |  |  |  |  |  |  |  |  |  |
| Over two generations | 1.29 | (0.87 | – | 1.90) |  | 0.90 | (0.65 | – | 1.25) |
| Two generations | 1.12 | (0.92 | – | 1.35) |  | 0.86 | (0.73 | – | 1.00) |
| One (Couple) | **1.00** |  |  |  |  | **1.00** |  |  |  |
| **Family income level** |  |  |  |  |  |  |  |  |  |
| Very low | 1.50 | (1.14 | – | 1.98) |  | 1.35 | (1.02 | – | 1.79) |
| Low | 1.19 | (0.99 | – | 1.43) |  | 1.41 | (1.19 | – | 1.68) |
| High | 1.06 | (0.90 | – | 1.24) |  | 1.01 | (0.87 | – | 1.17) |
| Very high | **1.00** |  |  |  |  | **1.00** |  |  |  |
| **Highest level of education** |  |  |  |  |  |  |  |  |  |
| Illiterate | 1.85 | (1.17 | – | 2.92) |  | 1.24 | (0.77 | – | 1.99) |
| Elementary school | 1.52 | (1.16 | – | 2.00) |  | 1.26 | (0.97 | – | 1.64) |
| Middle school | 1.62 | (1.23 | – | 2.14) |  | 0.89 | (0.69 | – | 1.14) |
| High school | 1.27 | (1.10 | – | 1.48) |  | 1.10 | (0.96 | – | 1.27) |
| College and above | **1.00** |  |  |  |  | **1.00** |  |  |  |
| **Job** |  |  |  |  |  |  |  |  |  |
| Unemployed | 1.22 | (0.99 | – | 1.52) |  | 1.06 | (0.90 | – | 1.26) |
| Blue-collar worker | 0.90 | (0.75 | – | 1.07) |  | 0.90 | (0.73 | – | 1.11) |
| Pink-collar worker | 0.90 | (0.72 | – | 1.11) |  | 0.87 | (0.71 | – | 1.07) |
| White-collar worker | **1.00** |  |  |  |  | **1.00** |  |  |  |
| **Alcohol consumption (times/wk)** |  |  |  |  |  |  |  |  |  |
| >1 | 0.86 | (0.72 | – | 1.03) |  | 1.11 | (0.90 | – | 1.36) |
| 0-1 | 0.89 | (0.75 | – | 1.04) |  | 1.07 | (0.92 | – | 1.24) |
| Never | **1.00** |  |  |  |  | **1.00** |  |  |  |
| **Smoking status** |  |  |  |  |  |  |  |  |  |
| Current | 1.30 | (1.10 | – | 1.53) |  | 1.98 | (1.35 | – | 2.90) |
| Past | 1.30 | (1.09 | – | 1.54) |  | 1.30 | (0.95 | – | 1.78) |
| Never | **1.00** |  |  |  |  | **1.00** |  |  |  |
| **Physical activities** |  |  |  |  |  |  |  |  |  |
| Low | 1.01 | (0.89 | – | 1.15) |  | 1.12 | (1.00 | – | 1.26) |
| High | **1.00** |  |  |  |  | **1.00** |  |  |  |
| **Depressive symptoms** |  |  |  |  |  |  |  |  |  |
| No | 0.09 | (0.05 | – | 0.16) |  | 0.11 | (0.08 | – | 0.17) |
| Yes | **1.00** |  |  |  |  | **1.00** |  |  |  |
| **No. of chronic disease1** |  |  |  |  |  |  |  |  |  |
| ≥1 | 1.11 | (0.96 | – | 1.27) |  | 0.97 | (0.84 | – | 1.13) |
| 0 | **1.00** |  |  |  |  | **1.00** |  |  |  |
| 1A chronic disease was defined as a diagnosis of hypertension or diabetes mellitus; The number of chronic diseases is the sum of the number of the above diagnoses. | | | | | | | | | |
| Abbreviations: PwD, person with dementia; AOR, adjusted odds ratio; CI, confidence interval | | | | | | | | | |