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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  |