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| **Supplemental Material 3- eResults 2. Factors associated with poor sleep quality among cohabiting family members of a PwD.** |
| **Variables** | **Poor sleep quality (PSQI >5)** |
| **Male** |  | **Female** |
| **AOR** | **95% CI** |  | **AOR** | **95% CI** |
| **Age (y)** |  |  |  |  |  |  |  |  |  |
| 19-29  | 1.63  | (1.09 | – | 2.42) |  | 0.67  | (0.40 | – | 1.12) |
| 30-39 | 1.73  | (1.05 | – | 2.85) |  | 0.87  | (0.63 | – | 1.39) |
| 40-49 | 1.83  | (1.29 | – | 2.59) |  | 1.09  | (0.86 | – | 1.39) |
| 50-59 | 2.26  | (1.72 | – | 2.99) |  | 1.62  | (1.25 | – | 2.08) |
| 60-69 | 1.65  | (1.30 | – | 2.10) |  | 1.17  | (0.94 | – | 1.46) |
| ≥70 | **1.00**  |  |  |  |  | **1.00**  |  |  |  |
| **Marital status** |  |  |  |  |  |  |  |  |  |
| Never married  | 1.30  | (0.99 | – | 1.71) |  | 1.10  | (0.72 | – | 1.70) |
| Divorced, widowed or separated | 1.57  | (1.29 | – | 1.90) |  | 1.00  | (0.82 | – | 1.21) |
| Married  | **1.00**  |  |  |  |  | **1.00**  |  |  |  |
| **No. of family members** |  |  |  |  |  |  |  |  |  |
| 2– 4  | 1.06  | (0.83 | – | 1.35) |  | 0.95  | (0.77 | – | 1.18) |
| ≥5 | **1.00**  |  |  |  |  | **1.00**  |  |  |  |
| **No. of cohabiting generations** |  |  |  |  |  |  |  |  |  |
| Over two generations | 0.70  | (0.53 | – | 0.91) |  | 1.03  | (0.80 | – | 1.32) |
| Two generations | 0.73  | (0.59 | – | 0.89) |  | 0.94  | (0.81 | – | 1.10) |
| One (Couple)  | **1.00**  |  |  |  |  | **1.00**  |  |  |  |
| **Family income level** |  |  |  |  |  |  |  |  |  |
| Very low  | 1.53  | (1.20 | – | 1.96) |  | 1.46  | (1.16 | – | 1.85) |
| Low | 1.07  | (0.89 | – | 1.28) |  | 0.97  | (0.83 | – | 1.13) |
| High | 1.11  | (0.92 | – | 1.33) |  | 0.89  | (0.79 | – | 1.00) |
| Very high | **1.00**  |  |  |  |  | **1.00**  |  |  |  |
| **Highest level of education** |  |  |  |  |  |  |  |  |  |
| Illiterate | 2.63  | (2.02 | – | 3.44) |  | 1.93  | (1.51 | – | 2.46) |
| Elementary school | 1.25  | (1.02 | – | 1.52) |  | 1.56  | (1.23 | – | 1.96) |
| Middle school | 1.83  | (1.42 | – | 2.35) |  | 1.83  | (1.47 | – | 2.27) |
| High school | 1.18  | (0.99 | – | 1.41) |  | 1.69  | (1.45 | – | 1.96) |
| College and above | **1.00**  |  |  |  |  | **1.00**  |  |  |  |
| **Job** |  |  |  |  |  |  |  |  |  |
| Unemployed | 1.34  | (1.00 | – | 1.80) |  | 1.04  | (0.90 | – | 1.19) |
| Blue-collar worker | 0.84  | (0.69 | – | 1.03) |  | 0.85  | (0.73 | – | 1.01) |
| Pink-collar worker | 0.51  | (0.38 | – | 0.67) |  | 1.11  | (0.94 | – | 1.32) |
| White-collar worker | **1.00**  |  |  |  |  | **1.00**  |  |  |  |
| **Alcohol consumption (times/wk)** |  |  |  |  |  |  |  |  |  |
| >1  | 0.92  | (0.78 | – | 1.09) |  | 1.06  | (0.86 | – | 1.31) |
| 0-1  | 0.71  | (0.57 | – | 0.89) |  | 0.94  | (0.84 | – | 1.04) |
| Never  | **1.00**  |  |  |  |  | **1.00**  |  |  |  |
| **Smoking status** |  |  |  |  |  |  |  |  |  |
| Current | 1.25  | (1.05 | – | 1.49) |  | 2.05  | (1.63 | – | 2.60) |
| Past | 1.31  | (1.12 | – | 1.53) |  | 1.08  | (0.93 | – | 1.25) |
| Never  | **1.00**  |  |  |  |  | **1.00**  |  |  |  |
| **Physical activities** |  |  |  |  |  |  |  |  |  |
| Low | 1.49  | (1.35 | – | 1.65) |  | 0.93  | (0.83 | – | 1.00) |
| High  | **1.00**  |  |  |  |  | **1.00**  |  |  |  |
| **Depressive symptoms** |  |  |  |  |  |  |  |  |  |
| No | 0.06  | (0.03 | – | 0.14) |  | 0.06  | (0.04 | – | 0.07) |
| Yes | **1.00**  |  |  |  |  | **1.00**  |  |  |  |
| **No. of chronic disease1** |  |  |  |  |  |  |  |  |  |
| ≥1 | 1.11  | (0.96 | – | 1.27) |  | 1.02  | (0.82 | – | 1.25) |
| 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  |