Supplementary Table 1. Changes in the sleep parameters of the 23,558 subjects who provided sleep quantity measurements in both Wave 1 and Wave 4.

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| Sleep quantity | | Wave 4 |  |  |  |
| < 6 Hours | 6 – 8 Hours | > 8 Hours |  |
| Wave 1 | < 6 Hours | No change  n=1,513 | Increase  n=1,297 | Increase  n=57 | n=2,867 |
|  | 6 – 8 Hours | Decrease  n=2,320 | No change  n=14,743 | Increase  n=849 | n=17,912 |
|  | > 8 Hours | Decrease  n=196 | Decrease  n=1,930 | No change  n=653 | n=2,779 |
|  |  | n=4,029 | n=17,970 | n=1,559 | n=23,558 |

Supplementary Table 2. Changes in the sleep parameters of the 24,580 subjects who provided sleep quality measurements in both Wave 1 and Wave 4.

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| Sleep quality | | Wave 4 |  |  |  |  |
| Very good | Fairly good | Fairly bad | Very bad |  |
| Wave1 | Very good | No change  n=3,403 | Worse  n=2,281 | Worse  n=243 | Worse  n=71 | n=5,998 |
|  | Fairly good | Better  n=2,917 | No change  n=8,034 | Worse  n=1,729 | Worse  n=368 | n=13,048 |
|  | Fairly bad | Better  n=395 | Better  n=2,030 | No change  n=1,554 | Worse  n=508 | n=4,487 |
|  | Very bad | Better  n=82 | Better  n=249 | Better  n=351 | No change  n=365 | n=1,047 |
|  |  | n=6,797 | n=12,594 | n=3,877 | n=1,312 | n=24,580 |

Supplementary Table 3. Changes in the sleep parameters of the 24,351 subjects who provided measurements on sleep medication use in both Wave 1 and Wave 4.

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| Use of sleep medication | | Wave 4 |  |  |  |  |
| Not during the past month | Less than once a week | Once or twice a week | Three or more times a week |  |
| Wave1 | Not during the past month | No change  n=19,253 | Increase  n=327 | Increase  n=222 | Increase  n=479 | n=20,281 |
|  | Less than once a week | Decrease  n=920 | No change  n=90 | Increase  n=49 | Increase  n=67 | n=1,126 |
|  | Once or twice a week | Decrease  n=483 | Decrease  n=51 | No change  n=53 | Increase  n=80 | n=667 |
|  | Three or more times a week | Decrease  n=1,640 | Decrease  n=68 | Decrease  n=89 | No change  n=480 | n=2,277 |
|  |  | n=22,296 | n=536 | n=413 | n=1,106 | n=24,351 |