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 changen=1,513 | Increasen=1,297 | Increasen=57 | n=2,867 |
|  | 6 – 8 Hours | Decreasen=2,320 | No changen=14,743 | Increasen=849 | n=17,912 |
|  | > 8 Hours | Decreasen=196 | Decreasen=1,930 | No changen=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 changen=3,403 | Worsen=2,281 | Worsen=243 | Worsen=71 | n=5,998 |
|  | Fairly good | Bettern=2,917 | No changen=8,034 | Worsen=1,729 | Worsen=368 | n=13,048 |
|  | Fairly bad | Bettern=395 | Bettern=2,030 | No changen=1,554 | Worsen=508 | n=4,487 |
|  | Very bad | Bettern=82 | Bettern=249 | Bettern=351 | No changen=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 changen=19,253 | Increasen=327 | Increasen=222 | Increasen=479 | n=20,281 |
|  | Less than once a week | Decreasen=920 | No changen=90 | Increasen=49 | Increasen=67 | n=1,126 |
|  | Once or twice a week | Decreasen=483 | Decreasen=51 | No changen=53 | Increasen=80 | n=667 |
|  | Three or more times a week | Decreasen=1,640 | Decreasen=68 | Decreasen=89 | No changen=480 | n=2,277 |
|  |  | n=22,296 | n=536 | n=413 | n=1,106 | n=24,351 |