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| Supplementary Table 1. Distribution of insomnia and psychosocial variables by binary substance use | | | | | | | | | |
| Psychosocial Variable | Weekly Alcohol Use Frequency | | | Weekly Caffeine Use Frequency | | | Weekly Nicotine Use Frequency | | |
| < 2 nights (N=688, 88%) | ≥ 2 nights  (N=97, 12%) | *p-*value | < 5 nights (N=702, 89%) | ≥ 5 nights  (N=83,  11%) | *p-*value | 0 night  (N=713,  91%) | ≥ 1 night  (N=72, 9%) | *p-*value |
| Insomnia  (WHIIIRS ≥ 10),  N (%) | 124 (18.2%) | 24 (24.7%) | 0.12 | 131 (18.8%) | 17 (20.5%) | 0.71 | 127 (17.9%) | 21 (29.2%) | 0.02 |
| CESD-20 score  (without restless sleep item),  mean ± SD | 7.6 ± 7.2 | 8.1 ± 7.5 | 0.48 | 7.5 ± 7.0 | 9.1 ± 8.5 | 0.16 | 7.4 ± 7.0 | 9.8 ± 8.7 | 0.02 |
| High depressive symptoms (CESD-20 score without restless sleep item ≥ 16),  N (%) | 94 (13.7%) | 14 (14.4%) | 0.84 | 92 (13.1%) | 16 (19.3%) | 0.12 | 94 (13.2%) | 14 (19.4%) | 0.14 |
| Trait-anxiety inventory  (TAI-20) score,  mean ± SD | 30.4 ± 8.1 | 30.8 ± 8.4 | 0.63 | 30.2 ± 7.9 | 32.4 ± 9.3 | 0.06 | 30.2 ± 7.9 | 33.1 ± 9.6 | 0.01 |
| Perceived stress scale  (PSS-10) score,  mean ± SD | 10.9 ± 6.7 | 12.6 ± 7.0 | 0.02 | 10.8 ± 6.7 | 13.5 ± 6.8 | <0.001 | 10.9 ± 6.7 | 12.7 ± 7.4 | 0.05 |
| Moderate or high perceived stress  (PSS-10 score ≥ 14),  N (%) | 234 (34.0%) | 39 (40.2%) | 0.23 | 229 (32.6%) | 44 (53.0%) | <0.001 | 241 (33.8%) | 32 (44.4%) | 0.07 |