Supplementary Material 2. Unadjusted and adjusted odds ratios for poor sleep quality (PSQI > 5) according to smoking status (non-smoker subdivided into never-smoker and past smoker) by sex and age group

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Category | Subgroup | Male  |  | Female |
| Age |  | Crude OR(95% CI) | Adjusted OR1(95% CI) | Adjusted OR2(95% CI) |  | Crude OR(95% CI) | Adjusted OR1(95% CI) | Adjusted OR2(95% CI) |
| 19-35 | Never-smoker | Reference | Reference | Reference |  | Reference | Reference | Reference |
|  | Past smoker | 1.41(1.25-1.58)\* | 1.35(1.20-1.52)\* | 1.25(1.10-1.41)\* |  | 2.45(2.04-2.95)\* | 2.32(1.93-2.80)\* | 1.79(1.47-2.17)\* |
|  | Occasional smoker & Daily smoker (<1 pack per day) | 1.29(1.18-1.40)\* | 1.23(1.13-1.35)\* | 1.12(1.02-1.23)\* |  | 2.19(1.86-2.58)\* | 2.09(1.76-2.48)\* | 1.54(1.28-1.85)\* |
|  | Daily smoker (≥1 pack per day) | 1.70(1.51-1.93)\* | 1.53(1.34-1.74)\* | 1.21(1.05-1.39)\* |  | 3.53(2.19-5.71)\* | 3.41(2.10-5.52)\* | 1.59(0.97-2.60) |
| 36-64 | Never-smoker | Reference | Reference | Reference |  | Reference | Reference | Reference |
|  | Past smoker | 1.20(1.13-1.28)\* | 1.12(1.05-1.20)\* | 1.09(1.02-1.17)\* |  | 1.67(1.47-1.91)\* | 1.56(1.36-1.78)\* | 1.25(1.09-1.44)\* |
|  | Occasional smoker & Daily smoker (<1 pack per day) | 1.26(1.17-1.35)\* | 1.20(1.16-1.28)\* | 1.07(1.00-1.15) |  | 2.27(2.02-2.56)\* | 2.01(1.78-2.27)\* | 1.57(1.38-1.79)\* |
|  | Daily smoker (≥1 pack per day) | 1.48(1.38-1.59)\* | 1.33(1.23-1.43)\* | 1.12(1.04-1.21)\* |  | 2.56(1.96-3.34)\* | 2.10(1.61-2.75)\* | 1.50(1.15-1.97)\* |
| ≥65 | Never-smoker | Reference | Reference | Reference |  | Reference | Reference | Reference |
|  | Past smoker | 1.19(1.10-1.29)\* | 1.16(1.07-1.26)\* | 1.12(1.03-1.21)\* |  | 1.16(0.96-1.41) | 1.11(0.91-1.34) | 1.03(0.85-1.25) |
|  | Occasional smoker & Daily smoker (<1 pack per day) | 1.25(1.17-1.40)\* | 1.20(1.07-1.35)\* | 1.11(0.98-1.24) |  | 1.56(1.23-1.99)\* | 1.54(1.21-1.95)\* | 1.27(0.99-1.62) |
|  | Daily smoker (≥1 pack per day) | 1.14(0.99-1.31) | 1.14(0.99-1.31) | 1.02(0.88-1.19) |  | 1.52(0.93-2.50) | 1.53(0.93-2.51) | 1.06(0.60-1.87) |

OR, odds ratio; CI, confidence interval

\*p < 0.05

1 Adjusted for frequency of age, education level, employment, alcohol consumption, walking exercise, and history of hypertension or diabetes.

2 Additionally adjusted for perceived stress level, depressive mood, and subjective health status to Model 1.