**Suppl 1.** Mean Blood Pressure in Participantsa Grouped According to Simple Subjective Sleep Quality

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| --- | --- | --- |
|  | Simple subjective sleep quality | *p*-value |
|  | Good | Poor |  |
| Aged ≤39 yr | (n = 33) | (n = 21) |  |
|  Systolic blood pressure, mmHg |  |  |  |
|  Crude mean (95% CI) | 115.5 (110.6–120.3) | 125.2 (117.3–133.0) | 0.03 |
| 　 Age and sex-adjusted mean (95% CI), model 1 | 125.6 (118.8–132.4) | 134.2 (126.9–141.6) | 0.03 |
| Multivariate-adjusted mean (95% CI), model 2 | 117.3 (108.1–126.6) | 124.3 (114.0–134.5) | 0.05 |
| Multivariate-adjusted mean (95% CI), model 3 | 117.2 (108.1–126.4) | 123.4 (113.2–133.7) | 0.09 |
| Diastolic blood pressure, mmHg |  |  |  |
|  Crude mean (95% CI) | 66.9 (63.8–70.0) | 73.0 (67.0–78.9) | 0.05 |
| Age and sex-adjusted mean (95% CI), model 1 | 71.2 (66.0–76.5) | 76.8 (71.2–82.5) | 0.06 |
| Multivariate-adjusted mean (95% CI), model 2 | 63.7 (56.5–70.8) | 67.9 (60.0–75.8) | 0.12 |
| Multivariate-adjusted mean (95% CI), model 3 | 63.6 (56.4–70.9) | 67.8 (59.7–75.9) | 0.14 |
| Aged 40-59 yr | (n = 51) | (n = 19) |  |
| Systolic blood pressure, mmHg |  |  |  |
|  Crude mean (95% CI) | 124.3 (120.0–128.7) | 128.3 (119.8–136.9) | 0.36 |
| 　 Age and sex-adjusted mean (95% CI), model 1 | 128.6 (123.0–134.2) | 132.0 (124.2–139.8) | 0.42 |
| Multivariate-adjusted mean (95% CI), model 2 | 129.2 (120.5–137.8) | 131.6 (121.1–142.1) | 0.55 |
| Multivariate-adjusted mean (95% CI), model 3 | 129.2 (120.6–137.9) | 131.2 (120.6–141.7) | 0.63 |
| Diastolic blood pressure, mmHg |  |  |  |
| Crude mean (95% CI) | 76.8 (73.8–79.8) | 78.2 (72.4–83.9) | 0.65 |
| Age and sex-adjusted mean (95% CI), model 1 | 80.6 (76.9–84.3) | 81.5 (76.3–86.7) | 0.75 |
| Multivariate-adjusted mean (95% CI), model 2 | 79.2 (73.3–85.1) | 79.6 (72.4–86.8) | 0.89 |
| Multivariate-adjusted mean (95% CI), model 3 | 79.2 (73.4–85.1) | 79.1 (72.0–86.3) | 0.97 |
| Aged ≥60 yr | (n = 34) | (n = 11) |  |
| Systolic blood pressure, mmHg |  |  |  |
| Crude mean (95% CI) | 134.1 (127.7–140.4) | 132.5 (121.6–143.3) | 0.79 |
| Age and sex-adjusted mean (95% CI), model 1 | 133.5 (124.1–142.9) | 130.5 (117.4–143.6) | 0.66 |
| Multivariate-adjusted mean (95% CI), model 2 | 133.0 (120.6–145.4) | 130.6 (114.3–146.9) | 0.73 |
| Multivariate-adjusted mean (95% CI), model 3 | 134.0 (121.5–146.4) | 132.0 (115.6–148.3) | 0.76 |
| Diastolic blood pressure, mmHg |  |  |  |
| Crude mean (95% CI) | 77.8 (74.3–81.3) | 76.7 (69.9–83.5) | 0.76 |
| Age and sex-adjusted mean (95% CI), model 1 | 78.6 (73.4–83.8) | 78.5 (71.2–85.8) | 0.97 |
| Multivariate-adjusted mean (95% CI), model 2 | 77.4 (70.4–84.4) | 77.3 (68.1–86.5) | 0.98 |
| Multivariate-adjusted mean (95% CI), model 3 | 77.8 (70.7–84.9) | 77.8 (68.5–87.1) | 0.99 |

The data are presented for participants stratified according to age (≤39, 40-59, or ≥60 yr). aThe study participants had a sleep duration of 6-7.9 hr/d on weekdays and were not taking either sleep medication or antihypertensive medication. The unpaired t-test or analysis of covariance was used to compare blood pressure in the two subjective sleep quality groups. Three different models of analysis of covariance were constructed as follows: model 1 was adjusted for age and sex; model 2 was adjusted for the same covariates used in model 1 in addition to alcohol drinking habit, smoking habit, behavior for lowering salt intake, and body mass index; and model 3 was adjusted for the same covariates used in model 2 in addition to sleep duration. CI: confidence interval.