

Supplementary information

Table S1. the description of basic demography of 1615 participants

Survey variables	individuals	proportion (%)
Gender		
Female	1,314	81.36
Male	301	18.64
Age		
Less than or equal to 29	412	25.51
Between 29 and 38	433	26.81
Between 38 and 45	302	18.70
More than or equal to 45	468	28.98
Marriage		
Married	779	48.24
Other	836	51.76
Having children		
Parents	703	43.53
Not parents	912	56.47
Education		
Master's degree or above	297	18.39
University degree or below	1318	81.61
Sleep duration per day		
Less than 5 hours	63	3.90
Between 5 and 6 hours	563	34.86
Between 6 and 7 hours	719	44.52
Between 7 and 8 hours	232	14.37
More than 8 hours	38	2.35
Coffee intake per day		
More than 2 cups per day	26	1.61
2 cups per day	70	4.33
1 cup per day	556	34.43
Occasionally	678	41.98
Never	285	17.65
Alcohol use		
Alcohol use in a month	609	37.71
No alcohol use in a month	1006	62.29
Exercise at least once a week		
Yes	933	57.77
No	682	42.23

Overtime work in a month		
More than 80 hours	5	0.31
45–80 hours per month	54	3.34
Fewer than 45 hours	502	31.08
Seldom	1054	65.26
Shift schedules		
Irregular shifts	192	11.89
Regular shifts	196	12.14
Night shifts	166	10.28
Day shifts	1061	65.70
Profession		
Physicians	138	8.55
Nurses	613	37.96
Professional and technical personnel	283	17.52
Administrative staff	581	35.98
Suffering from chronic diseases		
Yes	638	39.51
No	977	60.49

Table S2. The description of sleep duration per day for all individuals

Survey variables	N	Sleep duration per day					p
		< 5h	5~6h	6~7h	7~8h	> 8h	
All individuals	1615	63	563	719	232	38	-
Gender							
Female	1,314	49	459	582	191	33	0.815 [‡]
Male	301	14	104	137	41	5	
Age							
Less than or equal to 29	412	11	157	170	60	14	0.114 [‡]
Between 29 and 38	433	23	154	175	70	11	
Between 38 and 45	302	12	104	144	36	6	
More than or equal to 45	468	17	148	230	66	7	
Marriage							
Married	779	26	247	373	119	14	0.016 [‡]
Other	836	37	316	346	113	24	
Having children							
Parents	703	26	224	336	105	12	0.063 [‡]
Not parents	912	37	339	383	127	26	

Engaging in leisure activities with family/friends

Always	102	3	20	47	28	4	<.0001 [†]
Often	498	11	161	238	74	14	
Sometime	765	31	272	351	98	13	
Seldom	238	17	106	79	30	6	
Never	12	1	4	4	2	1	

Education

Master's degree or above	297	14	100	138	40	5	0.735 [†]
University degree or below	1318	49	463	581	192	33	

Coffee intake per day

More than 2 cups per day	26	2	17	4	2	1	<.0001 [†]
2 cups per day	70	2	38	21	9	0	
1 cup per day	556	22	203	257	64	10	
Occasionally	678	23	231	318	94	12	
Never	285	14	74	119	63	15	

Alcohol use

Alcohol use in a month	609	31	228	263	76	11	0.051 [†]
No alcohol use in a month	1006	32	335	456	156	27	

Exercise at least once a week

Yes	933	25	315	438	137	18	0.008 [†]
No	682	38	248	281	95	20	

Overtime work in a month

More than 80 hours	5	1	2	2	0	0	<.0001 [†]
45–80 hours per month	54	4	26	22	1	1	
Fewer than 45 hours	502	29	199	183	83	8	
Seldom	1054	29	336	512	148	29	

Shift schedules

Irregular shifts	192	11	87	67	24	3	<.0001 [†]
Regular shifts	196	8	71	90	18	9	
Night shifts	166	6	54	62	33	11	
Day shifts	1061	38	351	500	157	15	

Profession

Physicians	138	6	61	51	18	2	0.005 [‡]
Nurses	613	27	230	250	82	24	
Professional and technical personnel	283	11	81	147	40	4	
Administrative staff	581	19	191	271	92	8	
Suffering from chronic diseases							
Yes	638	30	238	275	84	11	0.142 [‡]
No	977	33	325	444	148	27	

N, individuals; [†], Fisher exact test.

Table S3. The description of coffee intake per day for all individuals

Table S3: The association of coffee intake per day for all individuals							
Survey variables	N	Coffee intake					p
		Never	Occ.	1 cup	2 cups	>2 cups	
All individuals	1615	285	678	556	70	26	-
Gender							
Female	1,314	234	555	460	48	17	0.024 [†]
Male	301	51	123	96	22	9	
Age							
Less than or equal to 29	412	131	198	73	9	1	<.0001 [†]
Between 29 and 38	433	87	188	130	21	7	
Between 38 and 45	302	27	121	129	18	7	
More than or equal to 45	468	40	171	224	22	11	
Marriage							
Married	779	100	304	317	43	15	<.0001 [†]
Other	836	185	374	239	27	11	
Having children							
Parents	703	81	265	306	37	14	<.0001 [†]
Not parents	912	204	413	250	33	12	
Engaging in leisure activities with family/friends							
Always	102	20	34	42	4	2	0.052 [†]
Often	498	84	186	190	29	9	
Sometime	765	126	358	244	27	10	
Seldom	238	51	98	75	9	5	
Never	12	4	2	5	1	0	

Education							
Master's degree or above	297	39	96	134	21	7	<.0001 [†]
University degree or below	1318	246	582	422	49	19	
Alcohol use							
Alcohol use in a month	609	74	254	229	39	13	<.0001 [†]
No alcohol use in a month	1006	211	424	327	31	13	
Exercise at least once a week							
Yes	933	146	378	344	51	14	0.002 [†]
No	682	139	300	212	19	12	
Overtime work in a month							
More than 80 hours	5	0	2	1	1	1	0.142 [†]
45–80 hours per month	54	12	20	15	4	3	
Fewer than 45 hours	502	84	219	167	21	11	
Seldom	1054	189	437	373	44	11	
Shift schedules							
Irregular shifts	192	31	85	66	7	3	0.137 [†]
Regular shifts	196	38	99	48	9	2	
Night shifts	166	36	69	54	4	3	
Day shifts	1061	180	425	388	50	18	
Profession							
Physicians	138	24	52	45	13	4	0.001 [†]
Nurses	613	124	275	189	16	9	
Professional and technical personnel	283	42	108	113	19	1	
Administrative staff	581	95	243	209	22	12	
Suffering from chronic diseases							
Yes	638	96	261	238	30	13	0.077 [†]
No	977	189	417	318	40	13	

N, individuals; [†], Fisher exact test.