

## Supplementary Material

**Table S1.** Frequency distribution of the restrictions on outing and meeting people.

	Restrictions on Outing						Sum	
	1	2	3	4	5	6		
Restrictions on meeting people	1	11	5	3	3	3	0	25
	2	3	12	5	1	2	0	23
	3	1	7	8	1	2	1	20
	4	0	2	6	4	3	2	17
	5	2	0	7	5	22	4	40
	6	0	0	3	3	12	21	39
	Sum	17	26	32	17	44	28	164

Answers: 1 = unchanged or increased (no reduction); 2 = slightly reduced (reduced to 80–90%); 3 = fairly reduced (reduced to 60–70%); 4 = reduced to about half (reduced to 40–50%); 5 = considerably reduced (reduced to 20–30%); 6 = not went out or no meeting with people (reduced to 0–10%).

**Table S2.** Demographic data, diagnosis, and treatment in the no/little self-isolation group and the strong self-isolation group.

	No/Little Self-Isolation (N = 92)	Strong Self-Isolation (N = 72)	<i>p</i>	
Demographic data				
age at post-assessment	63.47	± 13.09	63.78 ± 14.19	.661
sex (female)	81	(11)	62 (10)	.445
Diagnosis			.622	
Sleep related breathing disorders	88	(95.7%)	68 (94.4%)	
Insomnia	1	(1.1%)	0 (0%)	
Central disorders hypersomnolence	1	(1.1%)	2 (2.8%)	
Circadian rhythm sleep-wake disorders	1	(1.1%)	0 (0%)	
Sleep related movement disorders	1	(1.1%)	1 (1.4%)	
Others	0	(0%)	1 (1.4%)	
Treatment			.608	
Continuous Positive Airway Pressure	86	(93.5%)	67 (93.1%)	
Adaptive servo ventilation	1	(1.1%)	0 (0%)	
Oral appliance	1	(1.1%)	1 (1.4%)	
Anti-insomnia drug	2	(2.2%)	1 (1.4%)	
Modafinil	1	(1.1%)	2 (2.8%)	
Dopamine agonist	1	(1.1%)	0 (0%)	
Follow-up	0	(0%)	1 (1.4%)	

99.4% of patients with sleep-related breathing disorders were obstructive sleep apnea.

**Table S3.** Result of Mann-Whitney U test of sleep habits, PHQ-9, ESS and AIS during COVID-19.

		<b>Total</b>		<b>No/Little</b>		<b>Strong</b>		<b>U</b>	<b>p-value</b>
<i>N</i>		164		92		72			
Wake -up time (hh:mm)	6:00	(5:30to7:00)	6:00	(5:05to7:00)	6:20	(5:30to7:15)		3648.00	.264
Bedtime (hh:mm)	23:00	(22:00to24:00)	23:00	(22:00to24:00)	23:00	(22:00to24:00)		3481.50	.572
Total sleep time (hh:mm)	6:30	(5:30to7:30)	6:30	(5:37to7:30)	6:30	(5:30to7:30)		3373.50	.837
Sleep onset latency (min)	10	(5.6to20)	10	(5to20)	10	(8.2to30)		3520.50	.482
PHQ-9	3.00	(0.25to5.00)	3.00	(0.25to6.00)	2.00	(0.25to5.00)		3117.00	.513
ESS	6.00	(3.00to8.00)	6.00	(3.00to8.00)	6.00	(4.00to8.75)		3646.00	.266
AIS	4.00	(2.00to6.00)	3.00	(2.00to6.00)	4.00	(2.00to6.00)		3646.00	.265

AIS = Athens Insomnia Scale, ESS = Epworth Sleepiness Scale, PHQ-9 = Patient Health Questionnaire. No/Little self-isolation: outings  $\geq 30\%$  compared with one years before, Strong self-isolation: outings  $< 30\%$  compared with one years before. Numbers in parentheses represent the first to third quartiles.

**Table S4.** Result of Mann-Whitney U test of changes in sleep habits, PHQ-9, ESS and AIS.

		<b>Total</b>		<b>No/Little</b>		<b>Strong</b>		<b>U</b>	<b>p-value</b>
<i>N</i>		164		92		72			
Changes in Wake -up time (hh:mm)	0:00	(-0:30to0:30)	0:00	(-0:30to0:17)	0:00	(-0:26to0:30)		0.22	.825
Changes in Bedtime (hh:mm)	0:00	(-0:30to0:0)	0:00	(-0:30to0:00)	0:10	(-0:45to0:00)		1.11	.267
Changes in Total sleep time (hh:mm)	0:00	(-0:30to0:30)	0:00	(-0:30to0:30)	0:15	(-0:25to0:57)		1.83	.068
Changes in Sleep onset latency (min)	0	(-2to5)	0	(-2to5)	0	(0to5)		0.41	.685
Changes in PHQ-9	0.00	(-2.00to1.0)	0.00	(-1.00to1.75)	0.00	(-2.00to1.00)		1.86	.062
Changes in ESS	0.00	(-2.00to1.0)	1.00	(-2.00to1.00)	0.00	(-2.75to2.00)		0.50	.614
Changes in AIS	0.00	(-1.00to1.0)	0.00	(-1.00to2.00)	0.00	(-2.00to1.00)		1.35	.178

AIS = Athens Insomnia Scale, ESS = Epworth Sleepiness Scale, PHQ-9 = Patient Health Questionnaire. No/Little self-isolation: outings  $\geq 30\%$  compared with one years before, Strong self-isolation: outings  $< 30\%$  compared with one years before. Numbers in parentheses represent the first to third quartiles.