

Supplemental Materials

REM Sleep Behavior Disorder and Its Possible Prodromes in General Population: Prevalence, Polysomnography Findings, and Associated Factors

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Supplemental Table 1. Comparison of the clinical profiles between the groups with or without PSG evaluations

	Total (N=2333)	PSG (N=1230)	No PSG (N=1103)	<i>P</i>
Clinical profiles				
Age (years)	59.5±7.2	60.0±7.0	59.0±7.4	0.001**
Sex (men, %)	1266 (54.3%)	673 (54.7%)	593 (53.8%)	0.645
BMI (kg/m ²)	24.7±3.0	24.8±3.0	24.6±2.9	0.115
Education-year ≥ 12 years (%)	516 (22.2%)	268 (21.8%)	248 (22.5%)	0.692
Alcohol consumption (%)	1132 (48.5%)	579 (47.1%)	553 (50.1%)	0.139
Smoking (%)	315 (13.5%)	159 (12.9%)	156 (14.1%)	0.391
Regular exercise (%)	1119 (48.0%)	580 (47.2%)	539 (48.9%)	0.409
Metabolic syndrome (%)	644 (27.6%)	343 (27.9%)	301 (27.3%)	0.747
Hypertension (%)	856 (36.7%)	453 (36.8%)	403 (36.5%)	0.884
Diabetes mellitus (%)	508 (21.8%)	271 (22.0%)	237 (21.5%)	0.750
Hyperlipidemia (%)	471 (20.2%)	264 (21.5%)	207 (18.8%)	0.105
Parkinson's disease (%)	2 (0.1%)	2 (0.2%)	0 (0.0%)	0.501
Dementia (%)	1 (0.0%)	0 (0.0%)	1 (0.1%)	0.473
History of stroke (%)	20 (0.9%)	6 (0.5%)	14 (1.3%)	0.041*
MMSE score	28 [26–29]	28 [26–29]	28 [26–29]	0.350
MMSE score ≤24 (%)	117 (5.0%)	51 (4.1%)	66 (6.0%)	0.042*
DEB profiles				
Presence of DEB (%)	114 (4.9%)	77 (6.3%)	37 (3.4%)	0.001**
DEB frequency (%)				0.044*
No (%)	2219 (95.1%)	1153 (93.7%)	1066 (96.6%)	
<1/year (%)	8 (0.3%)	7 (0.5%)	1 (0.0%)	
1 – 12/year (%)	68 (2.9%)	42 (3.4%)	26 (2.3 %)	
1 – 3/month (%)	20 (0.8%)	13 (1.0%)	7 (0.6%)	
1 – 2/week (%)	12 (0.4%)	10 (0.8%)	2 (0.2%)	
≥3/week (%)	7 (0.3%)	5 (0.4%)	2 (0.2%)	
Sleep questionnaires				
RBDSQ score	2 [1– 4]	2 [1– 4]	2 [1– 4]	0.236
RBDSQ score ≥5 (%)	395 (16.9%)	212 (17.2%)	183 (16.6%)	0.678
RBDSQ_1 (%)	755 (32.4%)	386 (31.4%)	369 (33.5%)	0.286
RBDSQ_2 (%)	340 (14.6%)	174 (14.1%)	166 (15.0%)	0.576
RBDSQ_3 (%)	328 (14.1%)	172 (14.0%)	156 (14.1%)	0.959
RBDSQ_4 (%)	822 (35.2%)	441 (35.9%)	381 (34.5%)	0.508
RBDSQ_5 (%)	55 (2.4%)	28 (2.3%)	27 (2.4%)	0.785
RBDSQ_6A (%)	406 (17.4%)	203 (16.5%)	203 (18.4%)	0.227
RBDSQ_6B (%)	200 (8.6%)	108 (8.8%)	92 (8.3%)	0.705
RBDSQ_6C (%)	112 (4.8%)	57 (4.6%)	55 (5.0%)	0.691
RBDSQ_6D (%)	124 (5.3%)	65 (5.3%)	59 (5.3%)	0.945
RBDSQ_7 (%)	974 (41.7%)	504 (41.0%)	470 (42.6%)	0.424
RBDSQ_8 (%)	831 (35.6%)	422 (34.3%)	409 (37.1%)	0.163

RBDSQ_9 (%)	682 (29.2%)	349 (28.4%)	333 (30.2%)	0.336
RBDSQ_10 (%)	190 (8.1%)	97 (7.9%)	93 (8.4%)	0.631
BDI score	6 [3–11]	6 [2–11]	6 [3–11]	0.093
BDI score ≥ 14 (%)	310 (13.3%)	142 (11.5%)	168 (15.2%)	0.009**
ESS score	5 [3– 7]	5 [3– 7]	5 [3– 7]	0.136
EDS score ≥ 11 (%)	166 (7.1%)	86 (7.0%)	80 (7.3%)	0.807
PSQI score	3 [2– 5]	3 [2– 5]	3 [2– 5]	0.678
PSQI score ≥ 6 (%)	723 (31.0%)	388 (31.5%)	335 (30.4%)	0.541

Data are reported as a number (percentage), mean \pm standard deviation, or median [interquartile range, IQR]. PSG: polysomnography, BMI: body mass index, MMSE: Korean version of the mini-mental status examination, DEB: dream-enactment behavior, RBD: REM sleep behavior disorder, RBDSQ: RBD screening questionnaire, BDI: Beck depression inventory, ESS: Epworth sleepiness scale, and PSQI: Pittsburgh Sleep Quality Index. * $P<0.05$ and ** $P<0.01$.