Supplementary table 1: Self-care maintenance, management, and confidence scores (SCHFI) by sleep quality specific components scores (PSQI).

			Self-care maintenance			Self-care management			Self-care confidence		
	n (%)		**n (%)**	Median [1st-3rd quartile]	**p-value**	**n (%)**	Median [1st-3rd quartile]	**p-value**	**n (%)**	Median [1st-3rd quartile]	**p-value**
	498(100)		**498(100)**			**349(100)**			**497(100)**		
1. Subjective sleep quality	-	Very good (**0**)	-	-	0.2491	-	-	0.7985	-	-	0.1527
	58(11.6)	Fairly good (**1**)	58(11.6)	51.66 [30.83-62.49]		30(8.6)	40.00 [30.00-58.75]		58(11.7)	58.38 [33.36-76.45]	
	294(59.1)	Fairly bad (**2**)	294(59.1)	46.66 [36.66-56.66]		197(56.4)	40.00 [30.00-50.00]		293(58.9)	50.04 [38.92-66.72]	
	146(29.3)	Very bad (**3**)	146(29.3)	43.33 [33.33-53.33]		122(35.0)	40.00 [30.00-50.00]		146(29.4)	44.48 [33.36-65.33]	
2. Sleep latency	-	≤ 15 minutes (**0**)	-	-	*0.0234*	-	-	0.7139	-	-	0.3048
	193(38.8)	16-30 minutes (**1**)	193(38.8)	46.66 [40.00-59.99]-		124(35.5)	40.00 [30.00-50.00]		192(38.6)	50.04 [38.92-66.72]	
	172(34.5)	31-60 minutes (**2**)	172(34.5)	43.33 [35.83-53.33]		118(33.8)	40.00 [30.00-50.00]		172(34.6)	50.04 [33.36-66.72]	
	133(26.7)	> 60 minutes (**3**)	133(26.7)	43.33 [33.33-56.66]		107(30.7)	35.00 [25.00-50.00]		133(26.8)	50.04 [33.36-66.72]	
3. Sleep duration	226(45.4)	≥ 7 hours (**0**)	226(45.4)	46.66 [36.66-56.66]	0.3096	137(39.3)	40.00 [30.00-50.00]	0.7865	225	50.04 [38.92-66.72]	0.0925
	139(27.9)	6 ≤ hours < 7 (**1**)	139(27.9)	43.33 [33.33-53.33]		104(29.8)	40.00 [30.00-51.25]		139	50.04 [33.36-66.72]	
	86(17.3)	5 ≤ hours < 6 (**2**)	86(17.3)	43.33 [30.00-56.66]		74(21.2)	35.00 [25.00-55.00]		86	44.48 [27.80-61.16]	
	47(9.4)	< 5 hours (**3**)	47(9.4)	46.66 [40.00-54.99]		34(9.7)	40.00 [26.25-50.00]		47	50.04 [33.36-55.60]	
4. Habitual sleep efficiency	153(30.7)	> 85% (**0**)	153(30.7)	46.66 [36.66-56.66]	*0.0024*	86(24.6)	40.00 [30.00-50.00]	0.6647	153(30.8)	55.60 [38.92-66.72]	0.2815
	108(21.7)	75-84% (**1**)	108(21.7)	40.00 [32.50-49.99]		88(25.2)	35.00 [25.00-50.00]		107(21.5)	50.04 [33.36-66.72]	
	58(11.6)	65-74% (**2**)	58(11.6)	45.00 [30.00-53.33]		47(13.5)	40.00 [30.00-50.00]		58(11.7)	50.04 [33.36-66.72]	
	179(35.9)	< 65% (**3**)	179(35.9)	46.66 [36.66-56.66]		128(36.7)	40.00 [30.00-55.00]		179(36.0)	50.04 [33.36-66.72]	
5. Sleep disturbance	4(0.8)	Not during past month (**0**)	4(0.8)	41.66 [32.50-58.33]	0.7052	4(1.1)	35.00 [15.00-53.75]	0.9785	4(0.8)	50.04 [41.70-61.16]	0.0667
	25(5.0)	Less than once a week (**1**)	25(5.0)	49.99 [40.00-59.99]		8(2.3)	37.50 [25.00-52.50]		25(5.0)	66.72 [50.04-88.96]	
	257(51.6)	Once or twice a week (**2**)	257(51.6)	46.66 [36.66-56.66]		162(46.4)	40.00 [30.00-50.00]		257(51.7)	50.04 [33.36-66.72]	
	212(42.6)	Three or more times a week (**3**)	212(42.6)	46.66 [35.83-53.33]		175(50.1)	40.00 [27.50-50.00]		211(42.5)	50.04 [33.36-66.72]	
6. Use of sleeping medication	-	Not during past month (**0**)	-	-	*<0.001*	-	-	0.7485	-	-	*0.0076*
	336(67.5)	Less than once a week (**1**)	336(67.5)	46.66 [40.00-56.66]		221(63.3)	40.00 [25.00-50.00]		335(67.4)	50.04 [33.36-66.72]	
	73(14.6)	Once or twice a week (**2**)	73(14.6)	36.66 [26.66-43.33]		60(17.2)	40.00 [30.00-50.00]		73(14.7)	44.48 [33.36-55.60]	
	89(17.9)	Three or more times a week (**3**)	89(17.9)	46.66 [33.33-56.66]		68(19.5)	40.00 [25.00-50.00]		89(17.9)	55.60 [38.92-66.72]	
7. Daytime dysfunction	-	Not during past month (**0**)	-	-	*0.0016*	-	-	0.6951	-	-	*0.0186*
	174(34.9)	Less than once a week (**1**)	174(34.9)	49.99 [40.00-59.66]		95(27.2)	40.00 [20.00-55.00]		174(35.0)	55.60 [38.92-66.72]	
	175(35.1)	Once or twice a week (**2**)	175(35.1)	46.66 [33.33-53.33]		131(37.5)	40.00 [30.00-50.00]		175(35.2)	50.04 [38.92-63.94]	
	149(29.9)	Three or more times a week (**3**)	149(29.9)	43.33 [33.33-53.33]		123(35.2)	40.00 [30.00-50.00]		148(29.8)	44.48 [27.80-66.72]	