

Table S1. Association between the seven component scores of PSQI and sedentary time.

	B	β	95% CI	<i>p</i>-Value
daytime dysfunction	0.31	0.14	(0.15, 0.47)	<0.001
sleep latency	0.20	0.10	(0.06, 0.34)	0.005

Stepwise linear regression models were used. β = standardized regression coefficient. CI: Confidence interval.

Table S2. Association between PSQI ≥ 6 and VFA and BMI, respectively

	VFA	<i>p</i>-Value	BMI	<i>p</i>-Value
Model 1	1.26 (1.01, 1.57)	0.043	1.15 (0.95, 1.40)	0.143
Model 2	1.31 (1.03, 1.70)	0.026	1.21 (0.98, 1.50)	0.070

VFA, visceral fat area; BMI, body mass index. Values shown are odds ratios (95% confidence intervals) for per 1SD change in VFA or BMI. Logistic regression models were used in the present study. Model 1 was adjusted for age and sex. Model 2 was adjusted for Model 1 plus smoking status, alcohol intake, CES-D score, and MVPA.