

**Supplementary Table 1.** Tukey *Post Hoc* Test for Insomnia Severity Groups<sup>a</sup> Defined by Insomnia Severity Index Scores and Disability Scores (IBD Disability Index Self-Report Questionnaire)

	Contrast	SE	<i>P</i> >  t	95% CI
1 vs. 0	-2.051	0.616	0.005	-3.637 to -0.465
2 vs. 0	-4.589	0.663	0.000	-6.298 to -2.880
3 vs. 0	-5.393	0.938	0.000	-7.810 to -2.977
2 vs. 1	-2.538	0.550	0.000	-3.954 to -1.122
3 vs. 1	-3.342	0.861	0.001	-5.561 to -1.123
3 vs. 2	-0.804	0.896	0.806	-3.112 to 1.504

<sup>a</sup>0: no insomnia, 1: subthreshold insomnia, 2: moderate insomnia, 3: severe insomnia.

IBD, inflammatory bowel disease; SE, standard error; CI, confidence interval.