

Supplementary Table 1. Average Scores of the K-RCSQ

Questionnaire Item	Mean \pm SD	Range
K-RCSQ 1 (sleep depth)	48.3 (32.3)	0–100
K-RCSQ 2 (falling asleep)	49.5 (31.4)	0–100
K-RCSQ 3 (awakening)	50.5 (30.7)	0–100
K-RCSQ 4 (return to sleep)	51.7 (28.4)	0–100
K-RCSQ 5 (overall sleep quality)	48.3 (31.3)	0–100
Average K-RCSQ score	49.4 (27.9)	0–100

K-RCSQ, Korean version of the Richards–Campbell Sleep Questionnaire; SD, standard deviation