

Supplemental Material

SUPPLEMENTAL TABLE S1. Primary Variable Descriptive Statistics

Sleep Characteristic	Mean	SD
PSQI ^b Total	6.7	3.8
PSQI Sleep Latency in minutes	20.2	23.0
PSQI Sleep Duration in hours	6.8	1.2
PSQI Sleep Efficiency %	84.8	14.6
ISI ^c Total	6.3	4.7
Executive Function Characteristic	Mean	SD
Working Memory	9.9	2.9
Concept Formation/Problem Solving	10.0	3.0
Cognitive Flexibility	10.0	3.0
Response Inhibition	9.9	2.9

Note. ^aPSQI = Pittsburgh Sleep Quality Index. ^bISI = Insomnia Severity Index.

SUPPLEMENTAL TABLE S2. Correlations between Insomnia Severity Scores and Executive Function Domains

Executive Function Domain	ISI ^a Total Score
Working Memory	.038
Concept Formation	.044
Cognitive Flexibility	-.021
Response Inhibition	-.035

Note. Pearson's *r* correlations reported. ^aISI = Insomnia Severity Index.

SUPPLEMENTAL TABLE S3. Correlations Among Demographic, Psychiatric, Sleep Health, and Executive Function Variables

Variable	1	2	3	4	5	6	7	8	9	10	11	12	13
1. Age	-												
2. Years of education	.148	-											
3. Sex	-.154	-.122	-										
4. MoCA ^a	-.222*	.147	.254**	-									
5. Anxiety	-.356**	-.254**	.145	-.006	-								
6. Depression	-.110	-.119	.074	-.074	.533**	-							
7. Satisfaction/quality ^b	-.102	-.260**	-.035	.045	-.591**	.310**	-						
8. Sleep efficiency	-.042	.288**	-.199*	.112	-.269**	-.114	.445**	-					
9. Sleep duration	-.008	.277**	-.005	-.036	-.158	-.045	.569**	.513**	-				
10. Sleepiness/fatigue	-.109	-.233*	-.044	-.006	.509**	.339**	-.507**	-.256**	-.170	-			
11. Working memory	-.089	.205*	.034	.197*	-.007	-.117	.049	.127	.084	-.001	-		
12. Concept formation	-.379**	.196*	.246**	.375**	.094	.049	-.042	.165	.164	.131	.267**	-	
13. Cognitive flexibility	-.445**	.192*	-.002	.381**	.013	-.122	.015	.154	-.029	-.142	.365**	.380**	-
14. Response inhibition	-.164	.177	.067	.279**	-.048	-.148	.029	.243**	.021	.004	.272**	.173	.386**

Note. Pearson's *r* correlations reported between each variable. * $p < .05$; ** $p < .001$.

^aMoCA= Montreal Cognitive Assessment. ^bSatisfaction/quality = Sleep Satisfaction and Quality.

