

Supplemental Table 1: Demographic and clinical characteristics of short-, medium- and long-term users and non-users of benzodiazepines, NHANES 1999-2014.

	non-Users n=80,475	Short-term n=293	Medium-term n=508	Long-term n=815	
Characteristic	n (%)	n (%)	n (%)	n (%)	p-value
Age, Mean (SD)					<.001
≤18	36,517 (27.3)	13 (1.9)	8 (1.2)	10 (.7)	
19-29	9,416 (15.4)	36 (16.6)	38 (10.0)	15 (3.2)	
30-39	7,267 (13.9)	52 (20.3)	61 (15.0)	54 (7.5)	
40-49	7,067 (14.6)	43 (18.0)	83 (22.0)	117 (17.9)	
50-59	5,936 (12.2)	51 (21.5)	92 (20.2)	179 (27.9)	
60-69	6,520 (8.3)	47 (12.5)	97 (14.4)	163 (19.9)	
70-79	4,504 (5.2)	35 (6.3)	69 (10.4)	147 (13.5)	
80+	3,248 (3.0)	16 (3.0)	60 (6.9)	130 (9.6)	
Gender					<.001
Male	39,854 (49.2)	95 (29.1)	195 (37.9)	300 (36.8)	
Female	40,621 (50.8)	198 (71.0)	313 (62.1)	515 (63.2)	
Education					<.001
< High School	34,555 (34.6)	92 (22.5)	143 (17.4)	254 (22.9)	
High School Diploma	11,000 (19.8)	69 (28.0)	140 (29.4)	230 (28.1)	
Some College	12,304 (24.6)	84 (31.7)	144 (34.1)	224 (30.7)	
College or more	8,739 (21.0)	41 (17.8)	78 (19.1)	106 (18.4)	
Race					<.001
Non-Hispanic White	30,120 (65.4)	169 (79.2)	340 (83.3)	587 (86.1)	
Non-Hispanic Black	19,210 (12.3)	42 (7.6)	63 (5.5)	85 (4.9)	
Hispanic	25,064 (15.6)	70 (11.0)	82 (7.0)	111 (5.8)	
Other	6,081 (6.7)	12 (2.2)	23 (4.3)	32 (3.2)	

Note: All percentages are from column totals. *p*-values come from chi-squared tests. All results account for the complex sampling design of the NHANES.

Supplemental Table 2: Demographic and clinical characteristics of short-, medium- and long-term users and non-users of non-benzodiazepine hypnotics, NHANES 1999-2014.

	non-Users n=81,564	Short-term n=129	Medium-term n=198	Long-term n=200	
Characteristic	n (%)	n (%)	n (%)	n (%)	p-value
Age, Mean (SD)					<.001
≤18	36,543 (26.8)	5 (1.8)	0 (.0)	0 (.0)	
19-29	9,484 (15.3)	10 (11.2)	7 (4.6)	4 (1.6)	
30-39	7,376 (13.9)	18 (16.0)	25 (16.7)	15 (6.3)	
40-49	7,211 (14.6)	21 (23.7)	48 (32.3)	30 (18.7)	
50-59	6,148 (12.4)	23 (20.3)	37 (19.3)	50 (35.5)	
60-69	6,731 (8.5)	30 (16.3)	29 (10.4)	37 (16.4)	
70-79	4,680 (5.4)	12 (7.2)	29 (9.8)	34 (12.8)	
80+	3,391 (3.1)	10 (3.6)	23 (7.0)	30 (8.8)	
Gender					.014
Male	40,256 (49.0)	41 (33.8)	78 (44.2)	69 (40.2)	
Female	41,308 (51.0)	88 (66.2)	120 (55.8)	131 (59.8)	
Education					<.001
< High School	34,917 (34.4)	33 (15.9)	44 (13.1)	50 (15.9)	
High School Diploma	11,324 (20.1)	28 (18.1)	46 (22.4)	41 (19.3)	
Some College	12,596 (24.7)	46 (43.7)	62 (33.0)	52 (28.4)	
College or more	8,840 (20.8)	21 (22.3)	46 (31.5)	57 (36.4)	
Race					<.001
Non-Hispanic White	30,867 (65.7)	71 (76.8)	128 (83.9)	150 (88.3)	
Non-Hispanic Black	19,333 (12.2)	23 (9.4)	29 (5.8)	15 (3.6)	
Hispanic	25,247 (15.5)	27 (8.6)	29 (5.3)	24 (3.9)	
Other	6,117 (6.6)	8 (5.2)	12 (5.0)	11 (4.2)	

Note: All percentages are from column totals. *p*-values come from chi-squared tests. All results account for the complex sampling design of the NHANES.