

SUPPLEMENTARY TABLE

Supplementary Table 1. The association between sleep–wake habits and the use of health care services (crude models).

Sleep–Wake Habits	Physician Visits OR(95%CI)	Hospitalization OR(95%CI)
Total		
EE	1.00(reference)	1.00(reference)
EL	1.08(0.98,1.18)	1.11(1.01,1.22)
LE	1.06(1.01,1.11)	0.84(0.80,0.88)
LL	1.09(1.02,1.17)	0.81(0.75,0.87)
Male		
EE	1.00(reference)	1.00(reference)
EL	1.11(0.97,1.27)	1.16(1.01,1.32)
LE	1.08(1.01,1.16)	0.85(0.79,0.91)
LL	1.12(1.01,1.25)	0.80(0.72,0.89)
Female		
EE	1.00(reference)	1.00(reference)
EL	1.05(0.92,1.19)	1.07(0.94,1.22)
LE	1.02(0.96,1.09)	0.84(0.79,0.89)
LL	1.06(0.97,1.16)	0.81(0.74,0.89)
Age < 60 years		
EE	1.00(reference)	1.00(reference)
EL	1.10(0.93,1.31)	1.06(0.88,1.28)
LE	1.18(1.08,1.30)	0.98(0.88,1.08)
LL	1.27(1.14,1.43)	1.00(0.88,1.14)
Age=60-69 years		
EE	1.00(reference)	1.00(reference)
EL	1.11(0.95,1.28)	1.18(1.01,1.37)
LE	1.16(1.08,1.24)	0.91(0.85,0.98)
LL	1.27(1.14,1.41)	0.87(0.78,0.97)
Age ≥ 70 years		
EE	1.00(reference)	1.00(reference)
EL	1.17(0.98,1.40)	1.24(1.06,1.46)
LE	1.13(1.02,1.24)	0.90(0.82,0.98)
LL	1.26(1.06,1.50)	1.00(0.86,1.17)

EE: Early-bed/Early-rise; EL: Early-bed/Late-rise; LE: Late-bed/ Early-rise; LL: Late-bed/Late-rise.