

## SUPPLEMENTARY TABLES

**Supplementary Table 1** Demographic characteristics between the SD group and Control group. Differences in gender and history of hypnotic drug usage between groups were examined using

Characteristics	SD (N=91)	Control (N=147)	<i>P</i> -value
Gender (male)	26 (28.6)	42 (28.6)	1
age	65.42±2.82	65.66±2.62	0.501
BMI	24.72±3.08	24.39±3.38	0.455
History of sleeping drug use	7(7.70)	7(4.76)	0.350

Pearson's chi-square test. Differences in age and BMI between groups were examined using Mann-Whitney U test.

**Supplementary Table 2** Comparison of differences in MDN intake between the SD and Control groups.

MDN Indicators	SD (N=91)	Control (N=147)	<i>P</i> -value <sup>a</sup>	<i>P</i> -value <sup>b</sup>
MNQI	6.13 ± 3.52	7.08 ± 3.10	0.051	0.036*
Protein	64.20 ± 31.85	73.08 ± 38.07	0.129	0.065
Folate	323.06 ± 190.81	380.04 ± 226.91	0.074	0.047*
Choline	295.17 ± 123.91	336.92 ± 148.21	0.070	0.026*
Riboflavin	0.88 ± 0.48	1.04 ± 0.51	0.013*	0.016*
VB 6	1.96 ± 1.09	2.23 ± 1.06	0.030*	0.058
VB 12	1.65 ± 1.36	2.23 ± 2.69	0.008*	0.055
Betaine	72.13 ± 72.50	79.98 ± 68.55	0.160	0.402
Zn	7.35 ± 3.91	9.11 ± 5.388	0.024*	0.007*

\*  $P < 0.05$ , <sup>a</sup> Mann-Whitney U test, <sup>b</sup> independent-samples T test.