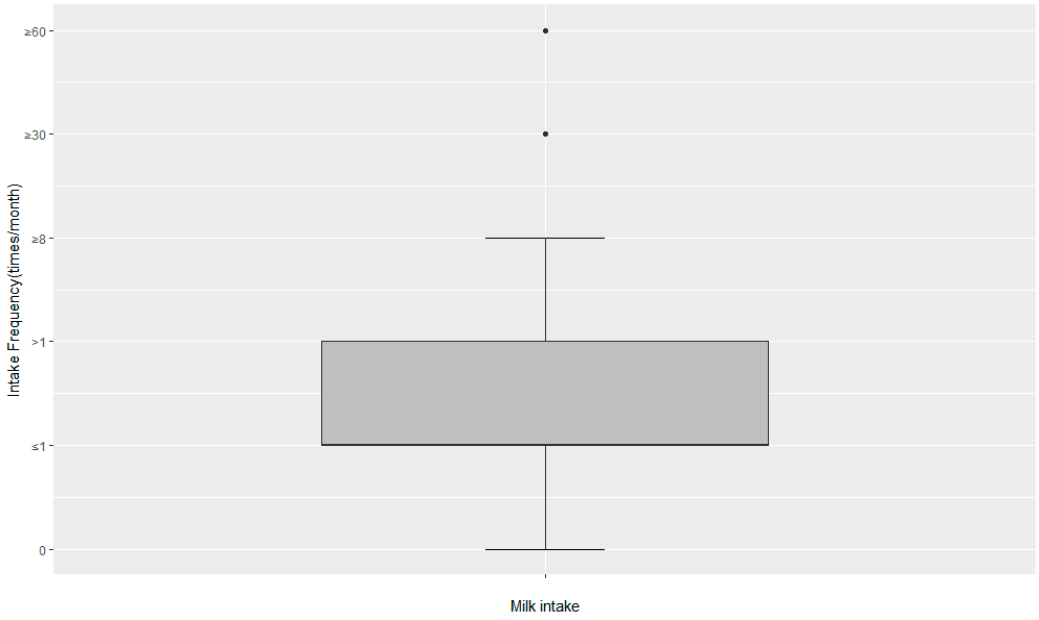
Supplementary tables and figures

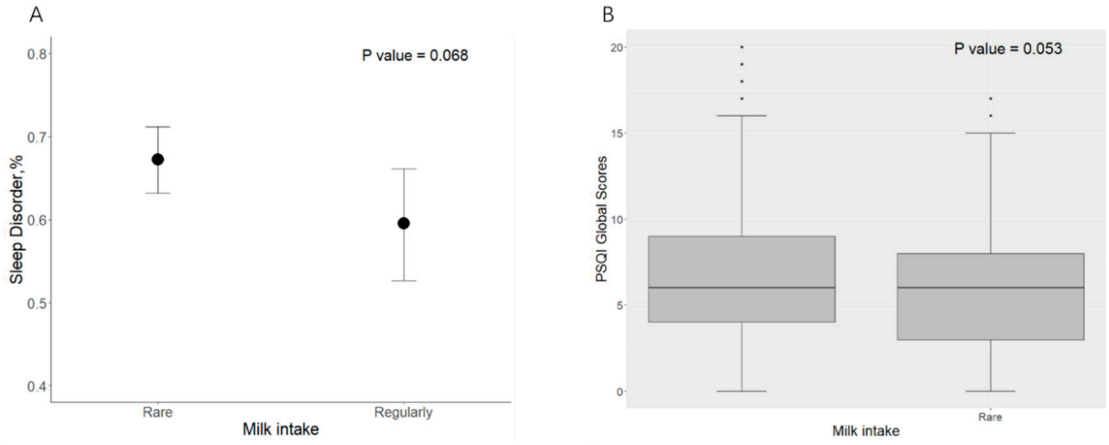
Supplementary Table S1: Correlation analysis between baseline characteristics

	Milk intake	Sleep Quailty	Sleep Efficiency	Sleep Latency	Sleep Duration	Sleep Disturbances	Daytime Dysfunction	Sleep Medication	Sleep Disorders	PSQI Global Scores
Milk intake	1.000									
Sleep Quailty	-0.042	1.000								
Sleep Efficiency	0.016	0.300 ***	1.000							
Sleep Latency	-0.053	0.535 ***	0.250 ***	1.000						
Sleep Duration	0.045	0.266 ***	0.502 ***	0.238 ***	1.000					
Sleep Disturbances	-0.137 ***	0.158 ***	0.155 ***	0.170 ***	0.004	1.000				
Daytime Dysfunction	-0.057	0.202 ***	0.203 ***	0.145 ***	0.133 ***	0.315 ***	1.000			
Sleep Medication	0.013	0.290 ***	0.113 **	0.208 ***	0.100 **	0.060	0.086 *	1.000		
Sleep Disorders	-0.073 *	0.365 ***	0.547 ***	0.400 ***	0.478 ***	0.333 ***	0.470 ***	0.145 ***	1.000	
PSQI Global Scores	-0.066	0.599 ***	0.674 ***	0.603 ***	0.580 ***	0.399 ***	0.480 ***	0.261 ***	0.828 ***	1.000

Note: All data were reported as Spearman correlations. *p < 0.05, **p < 0.01, ***p < 0.001.

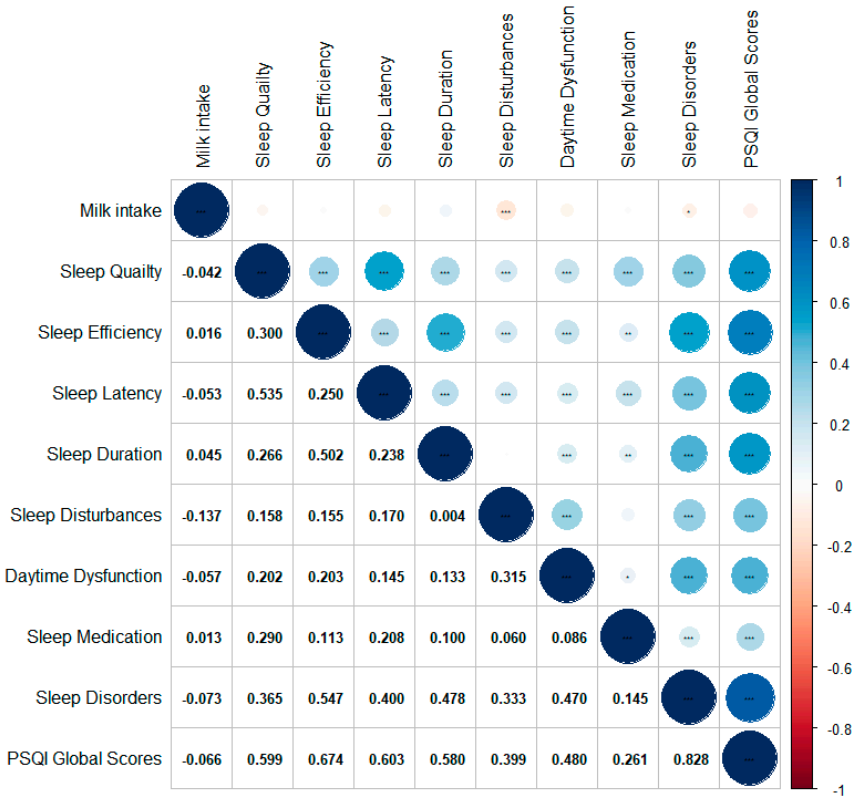


Supplementary Figure S1: Distribution of milk intake frequencies



Supplementary Figure S2: The prevalence of sleep disorders in different groups of milk intake.

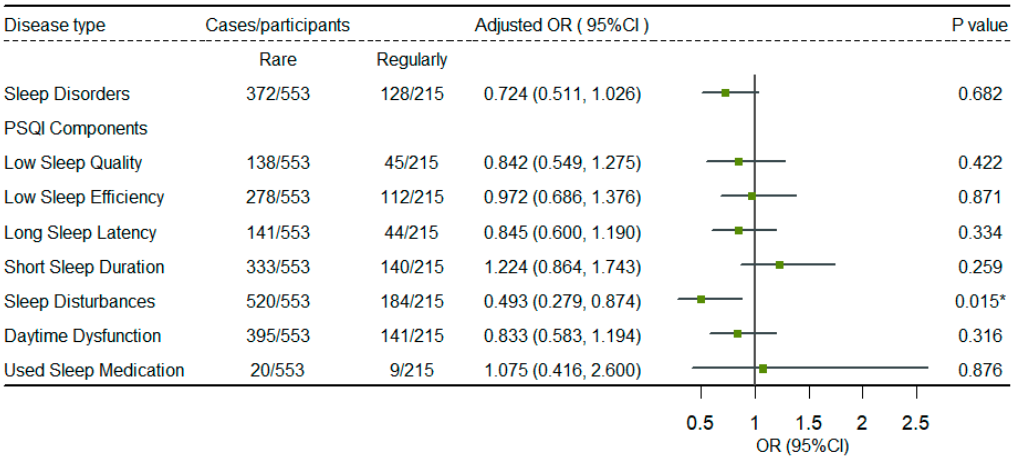
Note: (A) The percentage of sleep disorders and 95% CI between Rare and Regularly. (B) A third of the frequency of PSQI Global Score is between Rare and Regularly.



	Milk intake	Sleep Quailty	Sleep Efficiency	Sleep Latency	Sleep Duration	Sleep Disturbances	Daytime Dysfunction	Sleep Medication	Sleep Disorders	PSQI Global Scores
Milk intake										
Sleep Quailty	-0.042									
Sleep Efficiency	0.016	0.300								
Sleep Latency	-0.053	0.535	0.250							
Sleep Duration	0.045	0.266	0.502	0.238						
Sleep Disturbances	-0.137	0.158	0.155	0.170	0.004					
Daytime Dysfunction	-0.057	0.202	0.203	0.145	0.133	0.315				
Sleep Medication	0.013	0.290	0.113	0.208	0.100	0.060	0.086			
Sleep Disorders	-0.073	0.365	0.547	0.400	0.478	0.333	0.470	0.145		
PSQI Global Scores	-0.066	0.599	0.674	0.603	0.580	0.399	0.480	0.261	0.828	

Supplementary Figure S3: Correlation analysis between baseline characteristics

Note: All data were reported as Spearman correlation analyses. *p < 0.05, **p < 0.01, ***p < 0.001.



Supplementary Figure S4: Odds ratios of sleep disorders or PSQI components and corresponding 95% CIs according to tertiles of milk intake. Note: logistic regression models adjusted for age, gender, BMI, smoking, alcohol consumption, dietary confounders (salt, fruit intake, vegetable intake, seafood intake, red meat intake, egg intake, soy product intake, nuts intake, sugar-sweetened beverages intake) and clinical factors (hyper-tension, diabetes, coronary heart disease, anxiety, and depression). *$p < 0.05$.