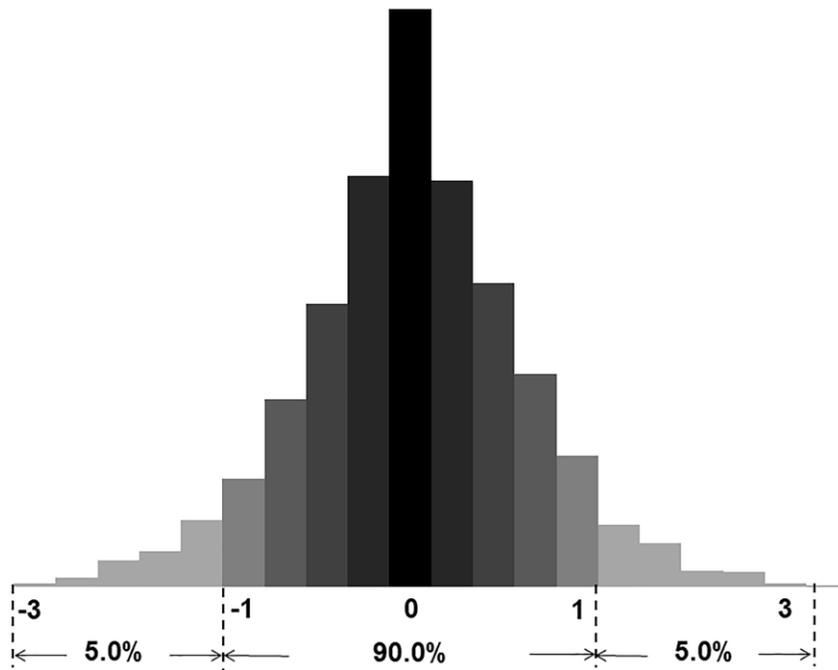
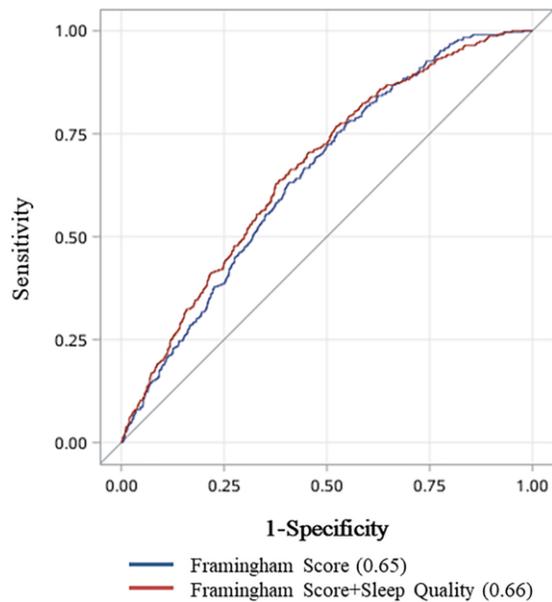


## SUPPLEMENTARY FIGURES



**Supplementary Figure 1. Distribution of sleep quality score change between wave 4 and wave 6.** Sleep quality score change was calculated by subtracting wave 4 sleep quality score from wave 6 sleep quality score. Approximately 90.0% participants had score change less than or equal to 1 score.



**Supplementary Figure 2. Added predictive ability of sleep quality.** Receiver operating characteristic curve (ROC) of the Framingham 10-year CVD risk score (blue) and Framingham 10-year CVD risk score plus sleep quality (red) are shown in this figure. Area under ROC curve (AUC) for Framingham score and Framingham score +sleep quality was 0.65 and 0.66, respectively (P=0.04).