

SUPPLEMENTARY MATERIAL

Psoriasis and sleep disturbance: a US population-based study using the NHANES database

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Supplementary Table I. Questions and responses from the National Health and Nutrition Examination Survey.

Supplementary Table II. Multivariable analysis of factors associated with trouble sleeping among psoriasis patients.

Supplementary Table I. Questions and responses from the National Health and Nutrition Examination Survey.

Terminology and survey question	Categories of participants' responses^a
Psoriasis: "Have you ever been told by a doctor or other health care professional that you had psoriasis?"	"Yes" "No"
Psoriasis severity: "Do you currently have..."	"Little or no psoriasis" "Only a few patches (that could be covered by 1 or 2 palms of your hand)" "Scattered patches (that could be covered between 3 and 10 palms of your hand)" "Extensive psoriasis (covering large areas of the body that would be more than 10 palms of your hand)"
Age: "Age in years of the participant at the time of screening."	Range of values: 0-80 ^b
Gender: "Gender of the participant."	"Male" "Female"
Race and ethnicity: Recode of reported race and Hispanic origin information, with Non-Hispanic Asian Category.	"Mexican American" "Non-Hispanic white" "Non-Hispanic Black" "Non-Hispanic Asian" "Other Hispanic" "Other Race – Including Multi-Racial"
Body mass index: "Body Mass Index (kg/m ²)."	Range of values: 12.1-82.9
Sleep quantity: "How much sleep do you usually get at night on weekdays or workdays? Enter hours."	Range of values: 1-11, and "12 hours or more"
Trouble sleeping: "Have you ever told a doctor or other health professional that you have trouble sleeping?"	"Yes" "No"
Psoriatic arthritis: If patients responded "Yes" to "Has a doctor or other health professional ever told you that you had arthritis?", they were asked, "Which type of arthritis was it?"	"Psoriatic arthritis"

^a For all questions, excluded responses included the following choices when present: "I refuse to answer", "I don't know", and missing responses. For psoriatic arthritis, responses of "Osteoarthritis or degenerative arthritis", "Rheumatoid arthritis", and "Other" were also excluded.

^b Individuals 80 years old and above were top-coded at 80 years of age.

Supplementary Table II. Multivariable analysis of factors associated with trouble sleeping among psoriasis patients.

Variable	Adjusted OR (95% CI)	P-value
Psoriasis severity ^a (per additional level)	1.09 (0.90-1.33)	0.39
Age (per additional year)	1.02 (1.00-1.03)	0.01
Gender (female vs. male)	1.57 (0.97-2.55)	0.07
BMI (per additional point)	1.01 (0.98-1.05)	0.37
Psoriatic arthritis ^b (presence vs. absence)	2.47 (0.85-7.15)	0.10

BMI, body mass index. CI, confidence interval. OR, odds ratio.

^a Psoriasis severity was self-reported as a number corresponding to the following: 1—little or no psoriasis, 2—only a few patches (1-2 palms), 3—scattered patches (3-10 palms), and 4—extensive psoriasis (>10 palms).

^b Psoriatic arthritis was self-reported as present if the patient was ever told by a doctor or other health professional that they had psoriatic arthritis.