

ON-LINE REFERENCES

- Bumb JM, Schilling C, Enning F, et al. Pineal gland volume in primary insomnia and healthy controls: a magnetic resonance imaging study. *J Sleep Res* 2014;23:274–80 CrossRef Medline
- Regen W, Kyle SD, Nissen C, et al. Objective sleep disturbances are associated with greater waking resting-state connectivity between the retrosplenial cortex/hippocampus and various nodes of the default mode network. *J Psychiatry Neurosci* 2016;41:295–300 CrossRef Medline

On-line Table: Demographic, clinical, neuropsychological, and PSG data for NCs and patients with CID-NI and CID-MCI^a

	NC (n = 28)	CID-NI (n = 17)	CID-MCI (n = 22) ^b	P ₃ group	P _{NC & CID-NI}	P _{NC & CID-MCI}	r _{PSQI, P_{PSQI}}
Sex (M/F)	5/23	3/14	3/19	.00	—	—	—
Age (yr)	51.25 ± 12.47	49.0 ± 14.27	54.68 ± 8.91	.34	—	—	—
Education (yr)	13.89 ± 2.71	14.47 ± 2.10	12.4 ± 3.81	.08	—	—	—
MMSE	28.61 ± 1.13	28.00 ± 2.06	26.0 ± 3.83	.01	.09	.00	-.29, .02
MoCA	26.43 ± 2.04	26.06 ± 1.39	19.77 ± 4.13	.00	.22	.00	-.30, .02
CDR	0.00	0.00	0.36 ± 0.28	.00	.88	.00	.35, .01
PSQI	0.36 ± 0.62	12.59 ± 3.10	13.68 ± 2.85	.00	.00	.00	—
ISI	0.57 ± 0.84	14.71 ± 3.95	16.18 ± 4.36	.00	.00	.00	—
HAMA	0.18 ± 0.48	11.0 ± 5.48	8.64 ± 4.0	.00	.00	.00	—
HAMD	0.36 ± 0.62	8.82 ± 3.52	8.32 ± 2.77	.00	.00	.00	—
PSG ^b							
Total sleep time (min)	450.25 ± 30.5	345.6 ± 40.5	302.0 ± 20.3	—	—	—	—
Sleep-onset latency (min)	23.33 ± 6.5	156.0 ± 24.8	45.6 ± 12.3	—	—	—	—
Wake time	0.55 ± 0.32	1.2 ± 0.6	3.7 ± 2.3	—	—	—	—
NREM SWA (S3 + S4) (%)	18.23 ± 3.5	10.3 ± 2.1	6.5 ± 2.3	—	—	—	—
REM%	25.45 ± 10.5	15.6 ± 6.3	14.5 ± 2.3	—	—	—	—

Note:— PSQI indicates Pittsburgh Sleep Quality Index; MoCA, Montreal Cognitive Assessment; MMSE, Mini-Mental State Examination; CDR, Clinical Dementia Rating; ISI, Insomnia Severity Index; HAMA, Hamilton Depression Rating Scale; REM, rapid eye movement; NREM, non-rapid eye movement; SWA, slow-wave activity.

^a Data are significant mean ± SD. The χ^2 test was used for sex, and analysis of covariance was used for age, education, MMSE, MoCA, CDR, PSQI, ISI, HAMA, and HAMD comparisons.

^b PSG indicates patients in the CID-NI group who had longer sleep-onset latency and patients in the CID-MCI group who had more wake time and shorter NREM SWA% ($P < .05$) than the NCs (the PSG examination data for the healthy group was obtained in previous studies [Bumb et al., 2014¹ and Regen et al., 2016²]).