Supplemental Table 1 Demographic and clinical characteristics of participants with insomnia disorder (ID) and healthy controls (HCs).

| Characteristics | ID (N=25) | HC (N=26) | χ2/Z | *P* |
| --- | --- | --- | --- | --- |
| Age(year) | 33.00(19.50) | 27.85(8.11) | -1.768 a | 0.118 |
| Gender, male/female | 9/16 | 10/16 | 0.033 b | 0.856 |
| BMI (kg/m²) | 20.24(3.62) | 21.81(4.51) | -1.451 a | 0.147 |

Notes: aMann Whitney U-test, bChi-square test.

Abbreviations: BMI: body mass index.