**Table S1.** English version of the questionnaire

*Q1. Age group (single-choice)*

* 20s
* 30s
* 40s
* 50s
* 60s
* 70s
* 80s or more

*Q2. Specialty (single-choice)*

* Psychiatry
* Other

*Q3. Which class of hypnotics do you prescribe frequently? (multiple-choice)*

* Benzodiazepine
* Non-benzodiazepine
* Melatonin receptor agonist
* Orexin receptor antagonist

*Q4. Reasons for selecting frequently prescribed hypnotics (multiple-choice)*

* Efficacy
* Appropriate duration of action
* Safety
* Familiarity
* Recommended
* Drug price