Supplementary table 4- Spearman correlation test between molecular biomarkers and components of Pittsburgh sleep quality index (PSQI).

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|  | **C1** | **C4** | **C5** | **C6** | **C7** |
| **CAR** | **-0.307\*** | **-0.397\*** | **-0.281\*** | **-0.375\*** | -0.24 |
| **BDNF** | 0.05 | 0.02 | 0.03 | 0.07 | -0.01 |

BDNF: brain derived neurotrophic factor, CAR: Salivary cortisol awakening response, C1: subjective sleep quality, C4: sleep efficiency, C5: sleep alterations, C6: medication use, C7: daytime sleep dysfunction.