

Supplementary Table 1 Comparison among the sleep trajectory groups in baseline.

Variables	1v2	1v3	1v4	2v3	2v4	3v4
Education, year	0.134	0.474	0.006**	1.000	1.000	1.000
EPDS (T1)	0.008**	< 0.001***	< 0.001***	0.269	0.057	1.000
PSQI (T1)	< 0.001***	< 0.001***	< 0.001***	< 0.001***	< 0.001***	0.004**

Note: 1 Group1 the stable-good group; 2 Group2 the worsening group; 3 Group3 the improving group; 4 Group4 the stable-poor group. EPDS Edinburgh Postpartum Depression Scale; PSQI Pittsburgh Sleep Quality Index; * p<0.05, ** p<0.01, *** p<0.001.

Supplementary Table 2 Comparison among the sleep trajectory groups after delivery.

Variables	1v2	1v3	1v4	2v3	2v4	3v4
EPDS (T2)	0.001**	0.001**	< 0.001***	1.000	1.000	1.000
SSRS (T2)	0.058	0.002**	0.001**	1.000	1.000	1.000
^a Planned pregnancy	0.026	0.018	0.599	0.880	0.185	0.146
^a Delivery method	0.072	0.002 [#]	0.047	0.270	0.824	0.399
^a Gender expectations	0.002 [#]	0.054	0.031	0.431	0.569	0.843

Note: 1 Group1 the stable-good group; 2 Group2 the worsening group; 3 Group3 the improving group; 4 Group4 the stable-poor group. EPDS Edinburgh Postpartum Depression Scale; SSRS The Social Support Rating Scale; * p<0.05, ** p<0.01, *** p<0.001.

^aPairwise comparison was made by chi-square splitting method, corrected $P_c = P^*(4^{3/2} + 1) = P^a$,

[#] $p^a < 0.0071$