

Supplementary Material

Population-based analysis of sociodemographic predictors, health-related quality of life and health service use associated with obstructive sleep apnoea and insomnia in Australia

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Table S1. Questions used to create variables related to socio demographic, lifestyle, obesity and management of condition variables

Variables	Question included in survey	Additional information provided during the interview
<i>Socio demographics</i>		
Age	As health is often age related may I commence by asking your age?	
Marital status	What is your marital status? 1. Married 2. De Facto 3. Separated/Divorced 4. Widowed 5. Never Married	
Highest educational level	Which of these groups' best describes the highest qualification you have obtained? 1. Still at school 2. Left school at 15 years or less 3. Left school after age 15 4. Left school after age 15 but still studying 5. Trade qualification/ apprenticeship 6. Certificate/Diploma – one year full time or less 7. Certificate/Diploma – more than one year full time 8. Bachelor degree or higher	Participants shown prompt card with list of potential responses.
Work status	Which of these best describes your work status? 1. Work full time 2. Work full time – self employed 3. Work part time 4. Work part time – self employed 5. Home Duties 6. Unemployed 7. Retired 8. Student 9. Other 10. Not working because of work related injury 11. Not working because of disability	Participants shown prompt card with list of potential responses.
Home ownership	The next question is about housing. Is this dwelling...? 1. Owned or being purchased 2. Rented from Housing SA 3. Rented privately 4. Community Housing 5. Retirement Village 6. Other (specify) 7. Don't know 8. Refused	

<i>Lifestyle and obesity</i>		
Smoking status	Do you currently smoke cigarettes, cigars, pipes or any other tobacco products: 1. Daily 2. At least weekly (not daily) 3. Less often than weekly 4. Not at all	
Smoking status: stopped smoking	In the past, have you ever been a daily smoker? 1. Yes 2. No	
Alcohol consumption: frequency	In the last 12 months, how often did you have an alcoholic drink of any kind? 1. Everyday 2. 5 to 6 days a week 3. 3 to 4 days a week 4. 1 to 2 days a week 5. 2 to 3 days a month 6. About 1 day a month 7. Less often 8. Not in the last 12 months 9. No longer drink 8. Never drunk alcohol	Instruction to the interviewer: "If no longer drink ask if within the last 12 months."
Alcohol consumption: quantity	On a day that you have an alcoholic drink, how many standard drinks do you usually have? 1. 20 or more drinks 2. 16-19 drinks 3. 13-15 drinks 4. 11-12 drinks 5. 9-10 drinks 6. 7-8 drinks 7. 5-6 drinks 8. 3-4 drinks 9. 2 drinks 10. 1 drink 11. Half a drink	A prompt card with examples of the equivalence of a standard drink according to the type of drink was shown to the participant during the interview
Fruit intake	How many serves of fruits do you usually eat each day? A serve is equal to one medium piece of fruit, or two small pieces of fruit ore one cup of diced pieces. 1. Enter number of serves __ 2. Less than 1 serve 3. None 4. Don't know/can't say	A prompt card with examples of a serve size was shown to the participant during the interview
Vegetable intake	How many serves of vegetables do you usually eat each day? A serve is equal to half a cup of cooked vegetables or one cup of salad vegetables. 1. Enter number of serves __ 2. Less than 1 serve	A prompt card with examples of a serve size was shown to the participant during the interview

	3. None 4. Don't know/can't say	
Physical activity	How many days in the past week have you done any vigorous physical activity for a total of at least 30 minutes, OR any combination of moderate and/or vigorous physical activity for a total of at least 60 minutes? This can include 60 minutes of moderate exercise only. Enter days in the last week (0-7):	Additional information provided to the participant: "Vigorous activity includes activities like fast cycling, jogging, doing an exercise class, and moderate activity includes things like brisk walking, medium paced swimming, walking to and from work, gardening, doing housework etc."
BMI -Height	What is your height without shoes? Centimetres (OR) Feet/Inches Don't know	
BMI- Weight	What is your weight (undressed in the morning)? Kilograms (OR) Stones/Pounds (D) Don't know	
Management activities		
Visited a GP in past 12 months	During the last year, i.e. since <MONTH> 2016 in any of your visits to see a general practitioner (GP), did he/she do any of the following? This does not include visits to specialists. 1. Did not visit the GP in the last year	Participants shown prompt card with list of preventative activities as multiple response.
Frequent visitor to specialist or GP	In the past 3-months approximately how many times have you seen/visited/attended a GP or a specialist other than a mental health specialist for your health care? 1. None 2. 1 to 3 times 3. 3 to 5 times 4. 5 to 10 times 5. More than 10 times Refused	Additional information provided to respondent "Not including family members. A specialist is a medical doctor that specialises in a body part or a health condition such as a cardiologist or an endocrinologist/ diabetologist. Do not include visits to physiotherapists and dentists, nor regular eye check-ups with optometrists."
GP talked to patient about sleep/ snoring	During the last year, i.e. since <MONTH> 2016 in any of your visits to see a general practitioner (GP), did he/she do any of the following? <i>This does not include visits to specialists.</i> Talk/ask about your sleeping habits or if you snore? 1. Yes 2. No 3. Refused/don't know	Participants shown prompt card with list of preventative activities as multiple response.
Visited GP for specific sleep condition in past 6 months	R.12 Have you seen a doctor in the last six months for? 1. Yes 2. No 3. Refused/don't know	

CPAP use	In the past 3 months have you been using breathing equipment for sleep apnoea? 1. Yes 2. No 3. Refused/don't know	
Medication for insomnia	Are you currently taking medication for Insomnia or some sleep problem? 1. Yes 2. No 3. Refused/don't know	