

Supplementary Table. Insomnia among Iranian population at the item level (n=1223) ISI>8.

Insomnia items in population		None	Mild	Moderate	Sever	Very severe
Difficulty falling asleep	Total population (n=1223)	93 (7.6)	204 (16.7)	395 (32.3)	441 (36.1)	90 (7.4)
	Insomnia (n=675)	40 (5.9)	80 (11.9)	205 (30.4)	287 (42.5)	63 (9.3)
	Non-insomnia(n=548)	53 (9.7)	124 (22.6)	190 (34.7)	154 (28.1)	27 (4.9)
Difficulty staying asleep	Total population		284 (23.2)	273 (22.3)	576 (47.1)	90 (7.4)
	Insomnia		108 (16)	151 (22.4)	349 (51.7)	67 (9.9)
	Non-insomnia		176 (32.1)	122 (22.3)	227 (41.4)	23 (4.2)
Problems waking up too early	Total population	0	915 (74.8)	146 (11.9)	150 (12.3)	12 (1)
	Insomnia	0	433 (64.1)	106 (15.7)	127 (18.8)	9 (1.3)
	Non-insomnia	0	282 (88)	40 (7.3)	23 (4.2)	3 (0.5)
To what extent do you consider your sleep problem to interfere with your daily functioning (e.g daytime fatigue, mood, ability to function at work/daily chores, concentration, memory, mood, etc.) currently?	Total population	Not at all	A little	Somewhat	Much	Very much
	Insomnia	145 (11.9)	241 (19.7)	251 (20.5)	437 (35.7)	149 (12.2)
	Non-insomnia	64 (9.4)	106 (15.7)	144 (21.3)	263 (39)	98 (14.5)
How noticeable to others do you think your sleep problem is in terms of impairing the quality of your life?	Total population	81 (14.8)	135 (24.6)	107 (19.5)	174 (31.8)	51 (9.3)
	Insomnia	102 (8.3)	235 (19.2)	328 (26.8)	468 (38.3)	90 (7.4)
	Non-insomnia	38 (5.6)	88 (13)	172 (25.5)	306 (45.3)	71 (10.5)
How worried are you about your current sleep problem?	Total population	64 (11.7)	147 (26.8)	156 (28.5)	162 (29.6)	19 (3.5)
	Insomnia	424 (34.7)	425 (34.8)	181 (14.8)	174 (14.2)	19 (1.6)
	Non-insomnia	146 (21.6)	228 (33.8)	139(20.6)	145 (21.5)	17 (2.5)
How satisfied are you with your current sleep pattern?	Total population	278 (50.7)	197 (35.9)	42 (7.7)	29 (5.3)	2 (0.4)
	Insomnia	356 (29.1)	440 (36)	200 (16.4)	200 (16.4)	27 (2.2)
	Non-insomnia	132 (19.6)	219 (32.4)	144 (21.3)	158 (23.4)	22 (3.3)
		224 (40.9)	221 (40.3)	56 (10.2)	42 (7.7)	5 (0.9)