Supplementary Table 1. Item-level responses to sleep-maintenance items of the ISI and PSQI (early AD cohort)

Item	n	Range	Mean±SD	Median [IQR]	% scoring 0	% scoring ≥2
ISI-1b difficulty staying asleep	40	0–4	0.35±0.70	0.0 [0.0–0.2]	75.0	7.5
ISI-1c waking too early	40	0–4	0.62±0.84	0.0 [0.0–1.0]	60.0	22.5
PSQI-5b woke in middle of night/early morning	41	0–3	1.24±1.22	1.0 [0.0–2.0]	41.5	43.9
[contrast] ISI-1a difficulty falling asleep	41	0–4	0.51±0.81	0.0 [0.0–1.0]	65.9	14.6
[caveat: reconstructed] PSQI Component 2 sleep latency	38	0–3	1.13±1.02	1.0 [0.0–2.0]	34.2	36.8
[caveat: reconstructed] PSQI Component 4 habitual sleep efficiency	42	0–3	0.33±0.61	0.0 [0.0–0.8]	73.8	7.1

ISI items are scored 0–4 and PSQI item 5b 0–3; higher scores indicate greater symptom burden. n differs by item because item-level responses were incomplete for some participants; missing items were retained as missing and were not imputed. One participant whose ISI item responses did not sum to the recorded ISI total was excluded from all item-level analyses. Item-level data were unavailable for the control group, whose questionnaire scores were retrieved as totals from the institutional sleep database; a between-group item-level comparison was therefore not possible. The two PSQI component scores shown are reconstructed from raw items; the component fields recorded in the source spreadsheet were internally inconsistent and were not used. These two rows are descriptive only and were not entered into the inferential family in Supplementary Table 2 (in the online-only Data Supplement).

ISI, Insomnia Severity Index; PSQI, Pittsburgh Sleep Quality Index; AD, Alzheimer's disease; SD, standard deviation; IQR, interquartile range.