Supplementary Table 4. Self-reported habitual sleep efficiency versus measured sleep efficiency (early AD cohort, n=42)

Measure	Median [IQR]	Mean±SD
Self-reported habitual sleep efficiency (%), derived from PSQI items 1, 3 and 4	93.3 [85.0–100.0]	91.5±10.0
Measured sleep efficiency on polysomnography (%)	69.8 [57.4–78.7]	67.9±16.6
Within-person difference (self-reported − measured) (percentage point)	-	+23.5±19.7

Wilcoxon signed-rank test $p=5.2\times10^{-9}$. The values in the first two rows are group medians and group means; the within-person difference is reported as a mean with SD, and a median paired difference was not computed. Bland–Altman bias +23.5 percentage points, 95% limits of agreement -15.1 to +62.2. Spearman ρ between self-reported and measured sleep efficiency=-0.06 (p=0.71). Interpretive caveat: the PSQI asks about habitual sleep over the preceding month, whereas polysomnography measures a single attended laboratory night, which is itself subject to a first-night effect. The magnitude of the gap should therefore not be read as a perceptual error, and the measurement-window mismatch may also contribute to the weak within-person association. These data are consistent with, but do not establish, impaired perception of sleep continuity.
AD, Alzheimer's disease; PSQI, Pittsburgh Sleep Quality Index; SD, standard deviation; IQR, interquartile range.