**<부록>**

**Table S1. Correlation Coefficients between Cold/Heat Pattern Identification Questionnaire Items and Pittsburgh Sleep Quality Index Global Score and Insomnia Severity Index Score**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|  |  | PSQI global score | | ISI score | |
|  |  | Correlation  coefficient | *P*-value | Correlation  coefficient | *P*-value |
| Cold pattern | 1. Aversion to cold | 0.04 | 0.221 | 0.14 | < 0.001 |
| 2. Preference for heat | < 0.01 | 0.961 | 0.03 | 0.375 |
| 3. Cold abdomen | 0.14 | < 0.001 | 0.16 | < 0.001 |
| 4. Cold hands/feet | 0.04 | 0.184 | 0.11 | 0.001 |
| **5. Cold sensation in body\*** | **0.16** | **< 0.001** | **0.22** | **< 0.001** |
| 6. Pale face | 0.06 | 0.092 | 0.09 | 0.009 |
| 7. Drink warm water | -0.05 | 0.11 | < 0.01 | 0.971 |
| 8. Clear urine | 0.01 | 0.79 | 0.03 | 0.336 |
| Heat pattern | 9. Preference for coolness | 0.03 | 0.354 | 0.01 | 0.79 |
| 10. Aversion to heat | 0.05 | 0.099 | 0.07 | 0.036 |
| 11. Warm sensation in the body or feeling hot | 0.12 | < 0.001 | 0.11 | 0.002 |
| **12. Hot or burning sensation in the body\*** | **0.21** | **< 0.001** | **0.19** | **< 0.001** |
| 13. Reddish face or eyes | 0.16 | < 0.001 | 0.15 | < 0.001 |
| 14. Drink cold water | 0.08 | 0.013 | 0.03 | 0.318 |
| 15. Hot breath | 0.19 | < 0.001 | 0.16 | < 0.001 |

\*, items used for the analysis in this study; PSQI, Pittsburgh sleep quality index; ISI, insomnia severity index.