

Supplement 1. Sleep problems.

	Poor sleep quality ¹	SO problems ²	SM problems ³	EMA problems ⁴	Nightmares ⁵
Austria					
Before (CI)	15.8% (13.5-18.3%)	8.5% (6.8-10.5%)	20.7% (18.1-23.5%)	8.2% (6.5-10.2%)	1.1% (0.6-2.1%)
During (CI)	28.5% (25.6-31.6%)	18.2% (15.8-20.9%)	30.1% (27.2-33.3%)	17.2% (14.8-19.8%)	5.1% (3.8-6.7%)
Brazil					
Before (CI)	14.3% (12.8-16.0%)	19.4% (17.7-21.3%)	14.4% (12.9-16.1%)	12.7% (11.3-14.3%)	4.9% (4.0-6.0%)
During (CI)	32.6% (30.5-34.8%)	43.5% (41.3-45.8%)	31.4% (29.3-33.5%)	22.1% (20.2-24.0%)	15.6% (14.0-17.3%)
Canada					
Before (CI)	11.7% (10.5-13.1%)	17.8% (16.3-19.4%)	24.9% (23.2-26.8%)	17.0% (15.5-18.6%)	5.5% (4.6-6.5%)
During (CI)	44.8% (42.7-46.8%)	32.7% (30.7-34.7%)	38.9% (36.9-41.0%)	29.4% (27.5-31.4%)	11.4% (10.1-12.8%)
China/Jinlin					
Before (CI)	10.7% (9.0-12.7%)	6.3% (5.0-7.9%)	4.0% (3.0-5.4%)	6.5% (5.2-8.2%)	1.1% (0.6-2.0%)
During (CI)	18.0% (15.8-20.4%)	9.6% (8.0-11.5%)	6.8% (5.5-8.5%)	7.6% (6.1-9.3%)	2.3% (1.6-3.4%)
China/Hongkong					
Before (CI)	11.7% (10.0-13.6%)	6.9% (5.6-8.5%)	5.6% (4.5-7.1%)	4.8% (3.8-6.2%)	2.4% (1.7-3.4%)
During (CI)	21.5% (19.2-23.8%)	11.4% (9.8-13.3%)	9.8% (8.2-11.5%)	8.7% (7.3-10.4%)	4.0% (3.0-5.2%)
Finland					
Before (CI)	18.0% (15.5-20.8%)	14.2% (11.9-16.8%)	19.1% (16.5-22.0%)	8.2% (6.5-10.4%)	2.2% (1.4-3.5%)
During (CI)	24.6% (21.7-27.7%)	19.8% (17.1-22.7%)	25.2% (22.2-28.3%)	13.7% (11.5-16.3%)	5.7% (4.3-7.6%)
France					
Before (CI)	11.7% (9.8-14.0%)	16.3% (13.8-19.2%)	25.6% (22.6-28.9%)	16.9% (14.3-19.7%)	6.3% (4.8-8.3%)
During (CI)	33.7% (30.5-37.1%)	26.2% (23.0-29.7%)	29.8% (26.5-33.3%)	21.9% (18.9-25.1%)	8.6% (6.7-11.0%)
Italy					
Before (CI)	10.6% (9.2-12.3%)	18.2% (16.4-20.2%)	16.4% (14.7-18.3%)	10.8% (9.4-12.5%)	7.3% (6.2-8.7%)
During (CI)	21.5% (19.5-23.6%)	22.7% (20.6-24.8%)	19.8% (17.9-21.9%)	15.1% (13.4-17.0%)	10.4% (9.0-12.1%)
Japan					
Before (CI)	16.8% (15.9-17.7%)	10.4% (9.7-11.1%)	18.8% (17.9-19.8%)	8.9% (8.3-9.6%)	3.6% (3.2-4.1%)
During (CI)	22.4% (21.4-23.4%)	15.4% (14.6-16.3%)	23.2% (22.2-24.2%)	12.9% (12.2-13.7%)	5.3% (4.8-5.9%)
Norway					
Before (CI)	22.2% (19.5-25.1%)	21.6% (18.9-24.6%)	33.5% (30.3-36.8%)	15.1% (12.8-17.7%)	3.0% (2.0-4.5%)
During (CI)	30.6% (27.5-33.8%)	29.8% (26.7-33.1%)	39.7% (36.3-43.2%)	21.4% (18.6-24.4%)	5.4% (4.0-7.2%)
Poland					
Before (CI)	11.0% (8.3-14.6%)	13.9% (10.8-17.8%)	9.0% (6.5-12.3%)	9.5% (6.9-12.9%)	1.3% (0.5-3.1%)
During (CI)	29.9% (25.5-34.7%)	28.4% (24.0-33.1%)	20.3% (16.5-24.6%)	24.5% (20.4-29.1%)	5.0% (3.2-7.7%)

Sweden					
Before (CI)	16.0% (13.3-19.1%)	13.8% (11.3-16.7%)	⁶	12.0% (9.6-14.8%)	1.0% (0.4-2.2%)
During (CI)	30.7% (27.2-34.5%)	24.6% (21.4-28.2%)	⁶	21.4% (18.3-24.8%)	6.2% (4.5-8.4%)
United Kingdom					
Before (CI)	16.6% (14.5-18.8%)	14.1% (12.1-16.2%)	21.7% (19.4-24.2%)	12.2% (10.4-14.2%)	1.6% (1.0-2.5%)
During (CI)	52.7% (49.7-55.6%)	37.3% (34.4-40.2%)	44.5% (41.6-47.5%)	33.0% (30.2-35.8%)	12.8% (10.9-14.9%)
USA					
Before (CI)	9.2% (7.6-11.2%)	13.5% (11.6-15.8%)	17.4% (15.2-19.9%)	17.4% (15.2-19.9%)	16.8% (14.6-19.2%)
During (CI)	23.5% (21.0-26.2%)	23.9% (21.4-26.6%)	27.6% (25.0-30.5%)	25.1% (22.5-27.9%)	23.6% (21.1-26.3%)

¹ Proportion reporting sleep quality "rather badly" or "badly". ² Proportion reporting sleep onset (SO) problems 3+ days/week. ³ Proportion reporting sleep maintenance (SM) problems 3+ day/week. ⁴ Proportion reporting early morning awakening (EMA) problems 3+ days/week. ⁵ Proportion reporting nightmares 3+ nights/week. CI: 95% confidence interval. ⁶ Missing data.

Supplement 2. Daytime problems and hypnotic use.

	Fatigue¹	Excessive sleepiness²	Falling asleep during daytime³	Hypnotic use⁴
Austria				
Before (CI)	20.8% (18.2-23.6%)	18.4% (16.0-21.2%)	21.6% (19.0-24.4%)	2.4% (1.6-3.7%)
During (CI)	28.2% (25.3-31.3%)	26.5% (23.6-29.5%)	30.5% (27.8-33.7%)	3.7% (2.6-5.1%)
Brazil				
Before (CI)	27.8% (25.8-29.9%)	24.4% (22.5-26.4%)	26.0% (24.0-28.0%)	7.1% (6.0-8.3%)
During (CI)	37.4% (35.2-39.6%)	35.2% (33.1-37.4%)	32.2% (30.2-34.4%)	9.9% (8.6-11.4%)
Canada				
Before (CI)	17.9% (16.4-19.6%)	12.4% (11.1-13.8%)	10.9% (9.7-12.3%)	6.6% (5.7-7.8%)
During (CI)	28.5% (26.6-30.5%)	20.3% (18.6-22.0%)	20.2% (18.5-22.0%)	8.7% (7.5-9.9%)
China/Jinlin				
Before (CI)	10.3% (8.6-12.2%)	9.7% (8.1-11.6%)	15.1% (13.1-17.4%)	1.2% (0.7-2.1%)
During (CI)	12.8% (10.9-14.9%)	11.7% (9.9-13.7%)	15.5% (13.5-17.8%)	1.4% (0.8-1.0%)
China/Hongkong				
Before (CI)	23.1% (20.8-25.5%)	18.9% (16.8-21.1%)	10.5% (8.9-12.3%)	3.2% (2.4-4.4%)
During (CI)	27.8% (25.4-30.4%)	24.4% (22.1-26.9%)	16.0% (14.0-18.1%)	4.3% (3.3-5.6%)
Finland				
Before (CI)	20.6% (18.0-23.6%)	22.8% (20.0-25.8%)	12.9% (10.7-15.4%)	10.1% (8.2-12.4%)
During (CI)	27.6% (24.6-30.8%)	28.4% (25.3-31.6%)	19.8% (17.2-22.7%)	10.4% (8.4-12.7%)
France				
Before (CI)	14.7% (12.3-17.4%)	7.4% (5.7-9.5%)	12.1% (9.9-14.6%)	4.0% (2.8-5.7%)
During (CI)	19.7% (16.9-22.9%)	8.6% (6.7-10.9%)	17.3% (14.6-20.4%)	4.1% (2.9-5.9%)
Italy				
Before (CI)	19.6% (17.7-21.6%)	17.1% (15.4-19.1%)	13.4% (11.8-15.1%)	3.1% (2.4-4.1%)
During (CI)	21.9% (20.7-22.7%)	19.9% (18.0-22.0%)	15.8% (14.1-17.7%)	4.8% (3.8-6.0%)
Japan				
Before (CI)	19.9% (19.0-20.9%)	15.0% (14.2-15.9%)	10.3% (9.6-11.0%)	4.6% (4.2-5.2%)
During (CI)	21.7% (20.7-22.7%)	18.1% (17.2-19.0%)	13.4% (12.6-14.2%)	5.2% (4.7-5.8%)
Norway				
Before (CI)	26.1% (23.1-29.2%)	23.5% (20.7-26.5%)	21.5% (18.8-24.5%)	8.2% (6.5-10.3%)
During (CI)	34.2% (31.0-37.6%)	31.4% (28.2-34.7%)	29.9% (26.9-33.2%)	11.6% (9.5-14.0%)
Poland				

Before (CI)	26.8% (22.6-31.5%)	21.8% (18.0-26.3%)	18.6% (15.0-22.9%)	6.1% (4.1-9.0%)
During (CI)	42.5% (37.6-47.8%)	37.1% (32.4-42.1%)	31.9% (27.4-36.8%)	9.8% (7.2-13.2%)
Sweden				
Before (CI)	12.0% (9.6-14.8%)	30.7% (27.2-34.5%)	13.9% (11.4-16.9%)	5.5% (4.0-7.6%)
During (CI)	32.7% (29.1-36.5%)	37.5% (33.8-41.4%)	32.6% (29.0-36.4%)	7.0% (5.2-9.3%)
United Kingdom				
Before (CI)	18.8% (16.6-21.2%)	16.6% (14.6-18.9%)	9.7% (8.1-11.6%)	1.8% (1.2-2.7%)
During (CI)	46.9% (43.9-49.9%)	38.1% (35.2-41.0%)	26.0% (23.4-28.7%)	3.4% (2.4-4.6%)
USA				
Before (CI)	18.4% (16.2-20.9%)	18.7% (16.4-21.2%)	21.7% (19.2-24.3%)	13.1% (11.2-15.3%)
During (CI)	28.6% (26.0-31.5%)	29.8% (27.1-32.7%)	36.5% (33.7-39.5%)	22.5% (20.0-25.1%)

¹ Proportion reporting fatigue 3+ days/week. ² Proportion reporting excessive daytime sleepiness 3+ day/week.

³ Proportion reporting moderate or high chance of falling asleep daytime without intending to.

⁴ Hypnotic use 3+ days/week. CI, confidence interval.