Additional File

Table S1: Subjective Sleep Quality pre and post sedative-hypnotic therapy

Subjective Sleep Quality	Pre-treatment	Post-treatment
Very Good	0.5% (n=1)	43.5% (n=81)
Fairly Good	40.3% (n=75)	50.5% (n=94)
Fairly Bad	43.5% (n=81)	5.9% (n=11)
Very Bad	15.6% (n=29)	--

Table S2: Sleep variables among study patients: pre and post sedative-hypnotic therapy

Variable	Pre-treatment	Post-treatment	P-value (Bonferroni-adjusted)
Sleep duration^{+}			
More than 7 hours	2.7% (n=5)	64% (n=119)	<0.001
5 – 7 hours	29% (n=54)	28.5% (n=53)	
3 – less than 5 hours	51.6% (n=96)	7.5% (n=14)	
Less than 3 hours	16.7% (n=31)	--	
Sleep latency^{+}			
Less than 15 minutes	41.9% (n=78)	98.4% (n=183)	<0.001
15-30 minutes	37.1% (n=69)	1.6% (n=3)	
30-60 minutes	11.8% (n=22)	--	
60 minutes or more	9.1% (n=17)	--	

$+$ The mean score difference were compared using a linear mixed model, controlling for age, gender and primary diagnosis for hospitalization. Since six statistical tests were used in the pre and post intervention comparison (i.e. one each for sleep duration, latency, efficiency, days dysfunction, primary diagnosis and medication), we applied Bonferroni correction by multiplying p-value by 6.

Table S3: Distribution of age, gender and primary diagnosis for hospitalization among study patients – stratified by the sedative-hypnotic drug use

Primary diagnosis	Benzodiazepines (N=137)			Zolpidem (N=49)		
	Total patients	Age Mean (SD)	% Females	Total patients	Age Mean (SD)	% Females
Cardiovascular disease	38	60.0 (6.3)	28.9	4	61.3 (4.5)	0.0
Respiratory diseases	16	61.3 (4.0)	31.3	21	64.0 (6.9)	23.8
Infectious diseases	13	59.4 (6.4)	46.2	12	59.7 (6.8)	50.0
Psychiatric disorders	27	52.6 (6.7)	55.6	1	70.0	0.0
Fracture	8	56.8 (9.3)	37.5	6	58.3 (11.8)	83.3
Urologic diseases	24	57.1 (7.1)	20.8	2	64.0 (7.1)	50.0
Other diseases	11	63.5 (5.7)	45.5	3	62.3 (12.4)	33.3

Table S4: Patient-reported side effects following sedative-hypnotic therapy

Reported side effect	Frequency	Alprazolam	Clonazepam	Lorazepam	Nitrazepam	Zolpidem
Daytime drowsiness	3.2% (n=6)	1	2	2	1	–
Dizziness	1.6% (n=3)	1	–	1	–	1
Dry Mouth	0.5% (n=1)	–	–	–	–	1
Dysgeusia	1.1% (n=2)	–	–	–	–	2
Early awakening	2.1% (n=4)	–	2	2	–	–
Nightmare	1.6% (n=3)	1	1	–	–	1

Figure S1: Reasons for nightime sleep disturbance among patients

Pain	14.0%
Dyspnea	10.8%
Broken sleep	10.2%
Anxiety	9.1%
Nocturia	8.1%
Cough	7.0%
Feeling cold	6.5%
Discomfort	6.5%
Nightmare	4.3%
Sweating	3.8%

Percentage of patients (N=186)