

Supplementary Table 2. Multivariable logistic regression analysis of predictors of RSA

Predictor	OR	95% CI	p-value
Age (years)	0.95	0.90 – 1.01	0.086
Body mass index (kg/m ²)	1.10	0.95 – 1.27	0.224
Sex (male vs female)	0.37	0.12 – 1.10	0.074
Last meal < 2 h before sleep			
<i>Rarely</i>	0.13	0.01 – 1.22	0.075
<i>Occasionally</i>	0.20	0.02 – 1.73	0.145
<i>Often</i>	0.39	0.05 – 3.26	0.385
Alcohol consumption			
<i>Rarely</i>	0.30	0.05 – 1.76	0.180
<i>Occasionally</i>	0.25	0.05 – 1.27	0.094
<i>Often</i>	1.18	0.18 – 7.92	0.862
Carbonated beverage consumption			
<i>Rarely</i>	11.14	1.30 – 95.45	0.028
<i>Occasionally</i>	6.70	0.88 – 51.05	0.066
<i>Often</i>	13.42	1.39 – 130.07	0.025
Model fit $\chi^2 = 28.34$, $p = .020$ Nagelkerke $R^2 = .33$			

Note. The reference category was "Never" for last meal <2 h before sleep, alcohol consumption, and carbonated beverage consumption.