

Supplementary Table 1S: Sample characteristics.

	Total sample (n=147)
Continuous variables	Mean (+/- SD)
Age	45.03 (13.13)
Age of onset	25.29 (8.93)
Number of mood episodes	7.49 (5.11)
MADRS score	2.33 (3.47)
YMRS score	0.83 (1.72)
BMI	25.57 (4.49)
PSQI	5.72 (3.38)
Age of the first cigarette	16.85 (3.34)
Lifetime pack-years of cigarettes	10.31 (13.39)
Fagerstrom score	4.38 (2.55)
Cigarettes per day	5.25 (7.90)
Coffee per day	2.32 (2.26)
Alcohol per day	0.96 (1.22)
Categorical variables	n (%)
Sex	
Male	59 (40.1%)
Female	88 (59.9%)
Subtype of BD	
Type 1	112 (76.2%)
Type 2	35 (23.8%)
Suicide attempt	
No	89 (61.0%)
Yes	57 (39.0%)
Alcohol use (daily)	
No	97 (66.0%)
Yes	50 (34.0%)
Tobacco use (daily)	
No	88 (59.9%)
Yes	59 (40.1%)
Coffee use (daily)	
No	38 (25.8%)
Yes	109 (74.2%)
OSA risk	
High risk	31 (21.7%)
Low risk	112 (78.3%)
Prescribed medications	
Lithium	90 (61.2%)
Anticonvulsants	71 (48.3%)
Atypical antipsychotics	46 (31.3%)
Antidepressants	37 (25.2%)
Anxiolytics/hypnotics	28 (19.0%)

SD: Standard Deviation; %: relative values; n: absolute values.

BMI: Body Mass Index; BD: Bipolar disorder; MADRS: Montgomery-Asberg Depression Rating Scale; OSA: Obstructive Sleep Apnea syndrome; PSQI: Pittsburgh Sleep Quality Index; YMRS: Young Mania Rating Scale.