

Table 1. Baseline characteristics (n=182).

Variables	All cases (n=182)
Age (years)	64 (55, 71)
Gender, male/female	82/100
Liver disease etiology	
HCV/HBV/others	155/13/14
Presence of sarcopenia, yes/no	25/157
PSQI-J score	5 (3, 7)
Presence of cirrhosis, yes/no	46/136
Body mass index (kg/m <sup>2</sup> )	22.7 (20.4, 25.425)
SMI (kg/m <sup>2</sup> ), male	7.69 (7.0, 8.07)
SMI (kg/m <sup>2</sup> ), female	5.9 (5.36, 6.34)
Grip strength (kg), male	35.1 (29.8, 42.1)
Grip strength (kg), female	20.35 (17.2, 22.825)
Total bilirubin (mg/dl)	0.8 (0.6, 1.1)
Serum albumin (g/dl)	4.2 (3.975, 4.4)
Prothrombin time (INR)	1.07 (1.02, 1.13)
Platelet count ( $\times 10^4/\text{mm}^3$ )	15.9 (11.8, 20.05)
AST (IU/l)	29.5 (22, 45.25)
ALT (IU/l)	27 (17, 47)
ALP (IU/l)	243.5 (202.75, 322)
GGT (IU/l)	26.5 (19, 44)
eGFR (ml/min/1.73m <sup>2</sup> )	82 (71.75, 95)

Data are expressed as number or median value (interquartile range). HCV; hepatitis C virus, HBV; hepatitis B virus, PSQI-J; the Japanese version of Pittsburgh Sleep Quality Index, SMI; skeletal muscle index, AST; aspartate aminotransferase, ALT; alanine aminotransferase, ALP; alkaline phosphatase, GGT; gamma glutamyl transferase, eGFR; estimated glomerular filtration rate