Appendix Table 1 Definition of IYCF-CF indicators based on WHO/UNICEF guidance

Indicators	Definition
Minimum dietary diversity [a] 6-23 months (MDD)	Percentage of children 6-23 months of age who consumed foods and beverages from at least five out of eight defined food groups during the previous day.
Minimum meal frequency [b] 6-23 months (MMF)	Percentage of children 6-23 months of age who consumed solid, semi-solid or soft foods (but also including milk feeds for non-breastfed children) the minimum number of times or more during the previous day.
Minimum acceptable diet [c] 6-23 months (MAD)	Percentage of children 6-23 months of age who consumed a minimum acceptable diet during the previous day.
Egg and/or flesh food [d] consumption 6-23 months (EFF)	Percentage of children 6-23 months of age who consumed egg and/or flesh food during the previous day.
Zero vegetable or fruit consumption 6-23 months (ZVF)	Percentage of children 6-23 months of age who did not consume any vegetables or fruits during the previous day.

Notes:

The above indicators are all derived from the book "Indicators for Assessing Infant and Young Child Feeding Practices: Definitions and Measurement Methods." It explicitly states: "Consumption of any amount of food or beverage from a food group is sufficient to 'count,' meaning there is no minimum quantity required." Specific considerations for each indicator are as follows:

[a] **Indicator definition:** percentage of children 6-23 months of age who consumed foods and beverages from at least five out of eight defined food groups during the previous day.

Numerator: children 6-23 months of age who consumed foods and beverages from at least five out of eight defined food groups during the previous day. The eight food groups used for tabulation of this indicator are:

1. breast milk;
2. grains, roots, tubers and plantains;
3. pulses (beans, peas, lentils), nuts and seeds;
4. dairy products (milk, infant formula, yogurt, cheese);
5. flesh foods (meat, fish, poultry, organ meats);
6. eggs;
7. vitamin-A rich fruits and vegetables; and
8. other fruits and vegetables.

[b] Indicator definition: percentage of children 6–23 months of age who consumed solid, semi-solid or soft foods (but also including milk feeds for non-breastfed children) at least the

minimum number of times during the previous day.
Numerator: children 6–23 months of age who consumed solid, semi-solid or soft foods at least the minimum number of times during the previous day. The minimum number of times is defined as:

- two feedings of solid, semi-solid or soft foods for breastfed infants aged 6–8 months;
- three feedings of solid, semi-solid or soft foods for breastfed children aged 9–23 months; and
- four feedings of solid, semi-solid or soft foods or milk feeds for non-breastfed children aged 6–23 months whereby at least one of the four feeds must be a solid, semi-solid or soft feed.

[c] Indicator definition: percentage of children 6-23 months of age who consumed a minimum acceptable diet during the previous day.
Numerator: children 6-23 months of age who consumed a minimum acceptable diet during the previous day.
The minimum acceptable diet is defined as:

- for breastfed children: receiving at least the minimum dietary diversity and minimum meal frequency for their age during the previous day;
- for non-breastfed children: receiving at least the minimum dietary diversity and minimum meal frequency for their age during the previous day as well as at least two milk feeds.

[d] flesh foods including meat, fish, poultry, organ meats.

Appendix Table 2 Association between IYCF-CF practices and maternal sleep quality components

	subjective sleep quality	sleep latency	sleep duration	Sleep efficiency	Sleep disorders	Sleep medication use	daytime dysfunction
MDD							
Model 1[a]	0.84 (0.59-1.19)	**0.71 (0.51-0.99)** *	1.20 (0.78-1.84)	0.91 (0.62-1.34)	0.86 (0.60-1.23)	0.84 (0.21-3.38)	**0.69 (0.49-0.96)** *
Model 2 [b]	0.87 (0.61-1.24)	0.72 (0.51-1.00)	1.13 (0.73-1.76)	0.93 (0.63-1.39)	0.82 (0.57-1.19)	1.04 (0.24-4.39)	**0.69 (0.49-0.97)** *
Model 3 [c]	1.01 (0.68-1.48)	0.80 (0.56-1.16)	1.35 (0.83-2.19)	1.13 (0.73-1.75)	0.92 (0.62-1.36)	0.61 (0.13-2.83)	0.74 (0.51-1.07)
MMF							
Model 1[a]	**0.69 (0.49-0.98)** *	**0.64 (0.46-0.88)** *	0.91 (0.59-1.39)	0.77 (0.53-1.13)	0.76 (0.53-1.09)	2.51 (0.52-12.17)	**0.72 (0.52-0.99)***
Model 2 [b]	0.72 (0.51-1.01)	**0.63 (0.45-0.89)** *	0.85 (0.55-1.32)	0.78 (0.53-1.15)	0.72 (0.50-1.04)	2.59 (0.51-13.12)	**0.70 (0.50-0.97)***
Model 3 [c]	0.82 (0.54-1.22)	0.70 (0.47-1.04)	1.00 (0.60-1.67)	0.94 (0.60-1.48)	0.80 (0.52-1.22)	1.33 (0.21-8.29)	0.74 (0.50-1.09)
MAD							
Model 1[a]	1.02 (0.60-1.71)	0.76 (0.47-1.21)	1.42 (0.79-2.56)	1.42 (0.79-2.56)	1.07 (0.62-1.86)	0.99 (0.58-1.68)	0.86 (0.52-1.42)
Model 2 [b]	1.05 (0.62-1.79)	0.72 (0.44-1.16)	1.30 (0.71-2.38)	1.30 (0.71-2.38)	1.11 (0.63-1.95)	0.91 (0.53-1.56)	0.83 (0.50-1.38)
Model 3 [c]	1.20 (0.70-2.06)	0.79 (0.48-1.29)	1.46 (0.78-2.74)	1.28 (0.72-2.29)	1.00 (0.58-1.75)	1.05 (0.60-1.84)	0.90 (0.53-1.51)
EFF							
Model 1[a]	0.84 (0.59-1.18)	1.15 (0.83-1.60)	1.52 (0.96-2.39)	1.15 (0.78-1.69)	0.86 (0.60-1.24)	2.10 (0.43-10.22)	1.13 (0.82-1.57)
Model 2 [b]	0.86 (0.61-1.22)	1.20 (0.86-1.67)	1.46 (0.92-2.32)	1.19 (0.80-1.76)	0.86 (0.60-1.24)	2.27 (0.45-11.55)	1.16 (0.83-1.61)
Model 3 [c]	0.84 (0.59-1.19)	1.17 (0.84-1.64)	1.44 (0.91-2.29)	1.16 (0.78-1.72)	0.85 (0.59-1.23)	2.79 (0.53-14.76)	1.15 (0.82-1.59)
ZVF							
Model 1[a]	1.16 (0.81-1.67)	0.80 (0.56-1.13)	0.67 (0.41-1.09)	0.76 (0.50-1.16)	1.09 (0.74-1.60)	0.68 (0.14-3.29)	0.72 (0.51-1.02)
Model 2 [b]	1.15 (0.80-1.67)	0.81 (0.57-1.15)	0.65 (0.40-1.08)	0.73 (0.48-1.13)	1.09 (0.74-1.61)	0.51 (0.10-2.57)	**0.70 (0.49-1.00)** *
Model 3 [c]	1.17 (0.81-1.70)	0.82 (0.58-1.17)	0.66 (0.40-1.09)	0.74 (0.48-1.14)	1.10 (0.75-1.63)	0.43 (0.08-2.21)	0.70 (0.49-1.00)

Model 1[a] : Not adjusted.

Model 2[b]: Demographic variables were adjusted for mother's age, job, education level, family annual income level and family foster model.

Model 3[c]: On the basis of model 2, infant age was additionally adjusted.

Notes: Bold values indicate statistically significant associations.*indicates $p < 0.05$.