

Table 2. Sleep quality and patterns of the sample by gender

	Entire Sample	Male	Female	Tests of difference
Subjective sleep quality; M (SD)	1.34 (0.75)	1.30 (0.79)	1.37 (0.71)	6.96
Excellent	11.2	15.1	8.0	
Good	49.0	45.6	52.3	
Bad	33.8	33.9	34.1	
Poor	5.9	5.4	5.6	
Sleep latency; M (SD)	0.93 (0.78)	0.87 (0.76)	0.97 (0.80)	-1.50
≤ 15 minutes	30.2	32.1	28.6	
16-30 minutes	51.0	52.5	50.2	
31-60 minutes	14.6	11.7	16.7	
≥ 60 minutes	4.2	3.8	4.5	
Sleep duration; M (SD)	7.01 (1.40)	7.09 (1.49)	6.55 (1.32)	1.50
Short Sleepers (≤ 6 hours)	16.7	22.4	12.1	
Moderate Sleepers (7-8 hours)	43.6	38.3	48.4	
Long Sleepers (≥ 9 hours)	39.6	39.3	39.5	
Sleep efficiency ^a; M (SD)	0.40 (0.81)	0.34 (0.80)	0.44 (0.82)	-1.41
≥ 85%	9.3	81.0	72.8	
75- 84%	76.9	8.9	14.5	
65- 74%	13.4	5.1	8.5	
≤ 65%	0.4	5.1	4.5	
Sleep difficulties; M (SD)	1.05 (0.49)	1.0 (0.51)	1.08 (0.47)	4.64
Never	9.3	12.1	7.0	
<1 per week	76.9	75.8	78.0	
1- 2 times per week	13.4	11.7	14.6	
>3 per week	0.4	0.4	0.3	
Use of sleep medication				18.08**
Never	86.2	79.6	91.6	
<1 per week	11.3	17.5	6.3	
1- 2 times per week	1.7	1.7	1.7	
>3 per week	0.8	1.3	0.3	
Daytime dysfunction; M (SD)	1.47 (0.76)	1.44 (0.78)	1.49 (0.74)	3.45
Never	7.4	7.9	7.0	
<1 per week	47.3	50.0	45.3	
1- 2 times per week	36.5	32.1	39.7	
>3 per week	8.9	10.0	8.0	
Global score; M (SD)	6.01 (2.78)	5.85 (2.79)	6.13 (2.76)	0.21
Non-insomniacs ^b	31.4	32.5	30.7	
Insomniacs ^c	68.6	67.5	69.3	

Note: Table was presented in percentage unless specified. M: Mean; SD: Standard Deviation.

^a Derived from Total hour of sleep / (wake up time – bed time) x 100%.

^b Non-Insomniacs: PSQI Global score < 5;

^c Insomniacs: PSQI Global score ≥ 5;

***p* < 0.01.