

Table 3. Lifestyle Characteristics and Psychosocial Correlates of the sample by Non-Insomniacs vs Insomniacs

	Entire Sample	Non-Insomniacs ^a	Insomniacs ^b	Group differences	P value
Smoking habit					
Never smoked	85.6	91.0	83.2	9.25	0.055
Quit Smoking	9.1	4.8	11.0		
Smoking, tried to quit	2.3	0.6	3.0		
Smoking, trying to quit	0.8	0.6	0.8		
Smoking, never quit	2.3	3.0	1.9		
Alcohol consumption					
Never	38.6	42.2	36.9	6.29	0.506
Less than once a month	31.9	33.1	31.4		
1-3 times a month	19.1	16.9	20.1		
Once a week	4.0	3.6	4.1		
1-2 times a week	3.8	3.6	3.9		
3-5 times a week	0.8	0.0	1.1		
Daily	0.8	0.6	0.8		
Exercise habit					
Never	20.4	18.1	21.5	9.80	0.081
Less than once a month	25.3	29.4	23.5		
1-3 times a month	26.7	21.2	29.2		
1-2 times a week	17.5	23.1	14.9		
3-5 times a week	7.7	6.2	8.3		
Daily	2.4	1.9	2.6		
Optimism^c; M (SD)	13.41 (3.78)	14.23 (3.79)	13.04 (3.72)	3.40	<0.001
Stress^d; M (SD)	19.81 (4.42)	18.37 (4.64)	20.47 (4.16)	-4.98	<0.001
Depression^e; M (SD)	9.94 (8.54)	7.23 (7.56)	11.18 (8.68)	-5.32	<0.001

Note: Figures reported in percentage unless specified. Mean differences analysed with *t*-test; Proportional differences analyzed with chi-squared tests; Mean; *SD*: Standard deviation. Insomniacs:
^a Non-Insomniacs: PSQI Global score < 5;
^b PSQI Global score ≥ 5;
^c Scores ranged from 0 – 24; higher scores indicate higher level of optimism;
^d Scores ranged from 0 – 40; higher scores indicate higher level of stress;
^e Scores ranged from 0 – 63; higher scores indicate higher level of depression.