

Table 4. Factor associated with Insomnia

	Std $\beta$	$\beta$	95% CI	P value
<b><u>Sociodemographic factors</u></b>				
Sex	0.03	0.19	-0.35, 0.72	0.493
Age	0.02	0.04	-0.11, 0.19	0.613
<b>Education level</b>				
Junior College <sup>a</sup>	--	--	--	--
College <sup>b</sup>	0.09	0.58	-0.01, 1.16	0.054
<b><u>Lifestyle characteristics</u></b>				
<b>Smoking habit</b>				
Never smoked	--	--	--	--
Quit Smoking	0.03	0.31	-0.53, 1.15	0.460
Smoking, tried to quit	0.05	0.94	-0.67, 2.56	0.252
Smoking, trying to quit	0.03	0.81	-1.88, 3.51	0.554
Smoking, never quit	-0.02	-0.40	-2.08, 1.29	0.643
<b>Alcohol consumption</b>				
Never	--	--	--	--
Less than once a month	0.03	0.16	-0.40, 0.72	0.576
1-3 times a month	0.04	0.29	-0.38, 0.97	0.396
Once a week	-0.05	-0.68	-1.98, 0.62	0.306
1-2 times a week	0.01	0.14	-1.24, 1.51	0.843
3-5 times a week	0.04	1.11	-1.60, 3.81	0.423
Daily	0.12	3.01	0.79, 5.24	0.080
<b>Exercise habit</b>				
Never	--	--	--	--
Less than once a month	0.03	0.17	-0.53, 0.87	0.629
1-3 times a month	0.11	0.68	-0.02, 1.39	0.058
1-2 times a week	-0.03	-0.21	-1.01, 0.59	0.610
3-5 times a week	0.03	0.30	-0.73, 1.34	0.567
Daily	0.02	0.37	-1.27, 2.01	0.656
Optimism <sup>c</sup>	-0.02	-0.01	-0.09, 0.07	0.778
Stress <sup>d</sup>	0.20	0.13	0.05, 0.20	<0.001
Depression <sup>e</sup>	0.21	0.07	0.03, 0.10	<0.001

Note: Std  $\beta$ : Standardized Beta; CI: Confidence interval;

<sup>a</sup> Junior College students were those enrolled in Higher Diploma or Associate Degree programs;

<sup>b</sup> College students were those enrolled in undergraduate or postgraduate programs;

<sup>c</sup> Scores ranged from 0 – 24; higher scores indicate higher level of optimism;

<sup>d</sup> Scores ranged from 0 – 40; higher scores indicate higher level of stress;

<sup>e</sup> Scores ranged from 0 – 63; higher scores indicate higher level of depression.