

Table SI. Results of the Pittsburgh Sleep Quality Index questionnaire (mean values in study population).

Question	Mean			
1. During the past month, what time have you usually gone to bed at night?	23:40 (h:min)			
2. During the past month, how long (in min) has it usually taken you to fall asleep each night?	18 (min)			
3. During the past month, what time have you usually gotten up in the morning?	07:27 (h:min)			
4. During the past month, how many h of actual sleep did you get at night? (This may be different than the number of h you spent in bed.)	6.8 (h)			
	Not during the past month (%)	Less than once a week (%)	Once or twice a week (%)	Three or more times a week (%)
5. During the past month, how often have you had trouble sleeping because you...				
a. Cannot get to sleep within 30 min	46.5	34.5	11.2	7.8
b. Wake up in the middle of the night or early morning	49.2	28.7	14.0	8.1
c. Have to get up to use the bathroom	57.0	25.2	13.5	4.3
d. Cannot breathe comfortably	89.5	8.5	1.6	0.4
e. Cough or snore loudly	82.6	10.5	3.8	3.1
f. Feel too cold	70.2	26.0	3.8	0.0
g. Feel too hot	67.1	23.6	8.5	0.8
h. Have bad dreams	60.5	30.6	6.2	2.7
i. Have pain	77.9	17.1	4.3	0.7
j. Other reason(s), please describe:	80.6	19.4	0.0	0.0
6. During the past month, how often have you taken medicine to help you sleep (prescribed or “over the counter”)?	95.3	3.5	0.8	0.4
7. During the past month, how often have you had trouble staying awake while driving, eating meals, or engaging in social activity?	85.3	12.7	1.2	0.8

	No problem at all (%)	Only a very slight problem (%)	Somewhat of a problem (%)	A very big problem (%)
8. During the past month, how much of a problem has it been for you to keep up enough enthusiasm to get things done?	36.8	47.3	14.3	1.6
	Very good (%)	Fairly good (%)	Fairly bad (%)	Very bad (%)
9. During the past month, how would you rate your sleep quality overall?	15.9	69.0	13.6	1.5
	No bed partner or roommate (%)	Partner/roommate in other room (%)	Partner in same room but not same bed (%)	Partner in same bed (%)
10. Do you have a bed partner or roommate?	38.8	3.4	0.4	57.4
	Not during the past month (%)	Less than once a week (%)	Once or twice a week (%)	Three or more times a week (%)
If you have a roommate or bed partner, ask him/her how often in the past month you have had:				
a. Loud snoring	80.4	9.2	5.9	4.5
b. Long pauses between breaths while asleep	91.1	7.9	0.6	0.4
c. Legs twitching or jerking while you sleep	83.2	13.9	2.9	0.0
d. Episodes of disorientation or confusion during sleep	85.5	12.6	1.5	0.4
e. Other restlessness while you sleep, please describe:	87.8	8.6	3.2	0.4