**TABLES**

**Table I. Sociodemographic characteristics of participants**

|  | | **Frequence**  **(n)** | **Percent (%)** |
| --- | --- | --- | --- |
| **Education status** | Primary school | 61 | 20,4 |
| High school | 50 | 16,7 |
| Not literate | 11 | 3,7 |
| Middle School | 18 | 6,0 |
| High school | 45 | 15,1 |
| Above | 114 | 38,1 |
| **Marital Status** | Single | 71 | 23,7 |
| Divorced | 8 | 2,7 |
| Divorced / widowed | 20 | 6,7 |
| Married | 200 | 66,9 |
| **Job** | Officer | 80 | 30,1 |
| Retired | 10 | 3,3 |
| Private sector | 13 | 4,3 |
| Not working | 15 | 5 |
| Doctor | 1 | ,3 |
| Housewife | 64 | 21,4 |
| Worker | 52 | 17,4 |
| Student | 7 | 2,3 |
| Self employment | 43 | 14,4 |
| **Income level** | Minimum wage | 55 | 18,4 |
| Below the minimum wage | 45 | 15,1 |
| Above minimum wage | 199 | 66,6 |
| **The presence of chronic disease** | Yes | 101 | 33,8 |
| No | 198 | 66,2 |
| **Alcohol** | Yes | 77 | 25,8 |
| No | 222 | 74,2 |
| **Smoking status** | Sometimes | 3 | ,9 |
| He's still drinking | 94 | 31,4 |
| Never used | 148 | 49,5 |
| Drunk but left | 53 | 17,7 |
| Rarely | 1 | ,3 |

**Table II. Comparison of demographic characteristics according to Pittsburgh Sleep Quality Scale results**

|  |  |  |  |
| --- | --- | --- | --- |
| **Parameters** | **Better quality** | **Poor qualith** | **p** |
| **Age** | 42,5±15,70 | 42,7±16,85 | 0,920 |
| **Sex**  Female  Male | 38,3 (31)  61,7 (50) | 60,6 (132)  39,4 (103) | **0,001** |
| **Marital Status**  Single  Divorced  Divorced / widowed  Married | 13,6 (11)  2,5 (2)  4,9 (4)  79 (64) | 27,5 (60)  2,8 (6)  7,3 (16)  62,4 (136) | 0,050 |
| **Education status**  Primary school  High school  Not literate  Middle School  High school  Above | 19,8 (16)  17,3 (14)  1,2 (1)  3,7 (3)  17,3 (14)  40,7 (33) | 20,6 (45)  16,5 (36)  4,6 (10)  6,9 (15)  14,2 (31)  37,2 (81) | 0,638 |
| **Income level**  Minimum wage  Below the minimum wage  Above minimum wage | 13,6 (11)  13,6 (11)  72,8 (59) | 20,2 (449  15,6 (34)  64,2 (140) | 0,330 |
| **Presence of choronical disease**  Yes  No | 24,7 (20)  75,3 (61) | 37,2 (81)  62,8 (137) | **0,043** |
| **Alcohol**  Yes  No | 27,2 (22)  72,8 (59) | 25,2 (55)  74,8 (163) | 0,734 |
| **Smoking status**  Sometimes  He's still drinking  Never used  Drunk but left  Rarely | 1.2 (1)  24,7 (20)  49,4 (40)  24,7 (20)  0 (0) | 1 (2)  34 (74)  49,5 (108)  15,1 (33)  0,5 (1) | **0,002** |

**Table III. Comparison of demographic characteristics according to the Berlin sleep questionnaire**

|  |  |  |  |
| --- | --- | --- | --- |
| **Parameters** | **Screening test positive** | **Screening test negative** | **p** |
| **Age** | 54,5±16,84 | 38,1±13,94 | **0,000** |
| **Sex**  Female  Male | 39 (32)  61 (50) | 52,3 (113)  47,7 (103 | 0,223 |
| **Marital Status**  Single  Divorced  Divorced / widowed  Married | 12,2 (10)  1,2 (1)  13,4 (11)  73,2 (60) | 28,2 (61)  3,2 (7)  4,2 (9)  64,4 (139) | **0,013** |
| **Education status**  Primary school  High school  Not literate  Middle School  High school  Above | 43,9 (36)  13,4 (11)  8,5 (7)  8,5 (7)  8,5 (7)  17,1 (14) | 11,6 (25)  18,1 (39)  1,9 (4)  5,1 (11)  17,1 (37)  46,3 (100) | **0,000** |
| **Income level**  Minimum wage  Below the minimum wage  Above minimum wage | 28 (23)  23,3 (19)  48,8 (40) | 14,8 (32)  12 (26)  73,1 (158) | **0,003** |
| **Presence of choronical disease**  Yes  No | 68,3 (56)  31,7 (26) | 20,8 (45)  79,2 (171) | **0,000** |
| **Alcohol**  Yes  No | 14,6 (12)  85,4 (70) | 30,1 (65)  69,9 (151) | **0,020** |
| **Smoking status**  Sometimes  He's still drinking  Never used  Drunk but left  Rarely | 0 (0)  25,6 (21)  50 (41)  23,2 (19)  1,2 (1) | 1,5 (3)  33,9 (73)  49,5 (107)  15,3 (33)  0 (0) | 0,102 |

**Table IV. Comparison of demographic characteristics according to Insomnia Severity Index**

|  |  |  |  |
| --- | --- | --- | --- |
| **Parameters** | **Lack of insomnia** | **Insomnia presence** | **p** |
| **Age** | 39,9±15,12 | 45,8±17,55 | **0,002** |
| **Sex**  Female  Male | 44,7 (72)  55,3 (89) | 65,9 (91)  34,1 (47) | **0,000** |
| **Marital Status**  Single  Divorced  Divorced / widowed  Married | 25,5 (41)  1,9 (3)  6,2 (10)  66,5 (107) | 21,7 (30)  3,6 (5)  7,2 (10)  67,4 (93) | 0,700 |
| **Education status**  Primary school  High school  Not literate  Middle School  High school  Above | 15,5 (25)  16,8 (27)  1,9 (3)  5 (8)  16,8 (27)  44,1 (71) | 26,1 (36)  16,7 (23)  5,8 (8)  7,2 (10)  13 (18)  31,2 (43) | **0,038** |
| **Income level**  Minimum wage  Below the minimum wage  Above minimum wage | 15,5 (25)  13,7 (22)  70,8 (114) | 21,7 (30)  16,7 (23)  61,6 (85) | 0,229 |
| **Presence of choronical disease**  Yes  No | 24,2 (39)  75,8 (122) | 44,9 (62)  55,1 (76) | **0,000** |
| **Alcohol**  Yes  No | 32,3 (52)  67,7 (109) | 18,1 (25)  81,9 (113) | **0,005** |
| **Smoking status**  Sometimes  He's still drinking  Never used  Drunk but left  Rarely | 1,8 (3)  32,3 (52)  48,4 (78)  17,4 (28)  0 (0) | 0 (0)  30,4 (42)  50,7 (70)  18,1 (25)  0.7 (1) | 0,748 |

**Table V. Comparison of Pittsburgh Sleep Quality Scale with Insomnia Severity Index and Berlin sleep questionnaire**

| **Pittsburgh Sleep Quality Scale** | | **Insomnia Severity Index** | | | | p | **Berlin sleep questionnaire** | | p |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| Lack of insomnia | Insomnia Lower Threshold | Moderate Clinical Insomnia | Severe Clinical Insomnia | Low  OSAS  risk | High OSAS risk |
|  | Better | 82,7 (67) | 14,8 (12) | 2,5 (2) | 0 (0) | **0,000** | 85,2 (69) | 13,6 (11) | **0,001** |
| Poor | 43,1 (94) | 31,7 (69) | 20,2 (44) | 5 (11) |  | 67,4 (147) | 32,6 (71) |  |