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| Supplementary table 2. Descriptive statistic (sample size, means ± SEM or median, Q25% and Q75%) of sleep quality quantitative dependent variables (hours), salivary cortisol awakening response (CAR, cm³) and Brain-Derived Neurotrophic Factor (BDNF, pg/mL) levels for groups with good sleep (GS), poor sleep (PS) and sleep disturbance (SD). |
|  | **SD** | **PS** | **GS** |
| PSQI | N = 18μ = 15.11 ± 0.49 | N = 18μ = 7.61 ± 0.49 | N = 21μ = 3.04 ± 0.45 |
| Sleep latency | N = 16median = 1Q25% = 0.33Q75% = 11 | N = 18median = 0.29Q25% = 0.16Q75% = 0.37 | N = 21median = 0.25Q25% = 0.16Q75% = 1.25 |
| Sleep duration  | N = 16μ = 5.18 ± 0.29 | N = 18μ = 6.01 ± 0.27 | N = 21μ = 7.70 ± 0.25 |
| Daytime sleepiness | N = 18median = 7.95Q25% = 7.30Q75% = 8.81 | N = 18median = 7.71Q25% = 6.91Q75% = 8.73 | N = 21median = 8Q25% = 7.50Q75% = 8.83 |
| Sleep duration (D1) | N = 18μ = 7.8 ± 0.79 | N = 18μ = 7.9 ± 1.08 | N = 21μ = 8.3 ± 0.71 |
| CAR | μ = 346.29 ± 63.22 | μ = 593.31 ± 53.91 | μ = 560.15 ± 48.72 |
| BDNF | μ = 11145.11 ± 1120.23 | μ = 11397.24 ± 955.33 | μ = 11507.06 ± 888.10 |

PSQI: Pittsburgh Sleep Quality Index, D1: Hospital overnight