**Table 2 Pittsburgh Sleep Quality Index (PSQI) and Epworth Sleepiness Scores (ESS) scores for the total sample and London and South Coast based cohorts separately**

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| --- | --- | --- | --- |
| **Scale** | **Total (n=153)****n (%)** | **London based cohort (n=77)****n (%)** | **South Coast based cohort (n=76)****n (%)** |
| **Pittsburgh Sleep Quality Index (PSQI)**Mean (SD)Range (0-21)**Global Score**Good sleepers (0-5)Bad sleepers (6-21)**Subjective sleep quality**Very goodFairly goodFairly badVery bad**Sleep latency**≤15 min16-30 min31-60 min>60 min**Sleep duration**<5h5-5h 59min6-6h 59min≥7h**Sleep efficiency**>85%75-84%65-74%<65%**Use of medication**Not at all< once per week1 or 2 times per week3 or more times per week | 7.9 (3.2)1-1933 (25%)100 (75%)12 (8%)70 (46%)64 (42%)7 (5%)45 (29%)53 (35%)29 (19%)26 (17%)6 (4%)19 (13%)66 (45%)55 (38%)74 (54%)31 (23%)16 (12%15 (11%)139 (91%)7 (5%)3 (2%)4 (3%) | 8.1 (3.0)3-1416 (23%)54 (77%)3 (4%)39 (51%)34 (44%)1 (1%)18 (23%)28 (26%)16 (21%)15 (20%)2 (3%)8 (11%)34 (47%)29 (40%)39 (55%017 (24%)9 (13%)6 (9%)70 (91%)2 (3%)2 (3%)3 (4%) | 7.7 (3.5)1-1917 (27%)46 (73%)9 (12%)31 (41%)30 (40%)6 (8%)27 (36%)25 (33%)13 (17%)11 (15%)4 (6%)11 (15%)32 (44%)26 (36%)35 (54%)14 (22%)7 (11%)9 (14%)69 (91%)5 (7%)1 (1%)1 (1%) |
| **Epworth Sleepiness Scale (ESS) scores**Mean (SD)Range (0-24)**Level of daytime sleepiness**0-5 (Lower normal)6-10 (Higher normal)11-12 (Mild excessive daytime sleepiness)13-15 (Moderate excessive daytime sleepiness)16-24 (Severe excessive daytime sleepiness) | 8.1 (4.5)0-2148 (33%)57 (39%)21 (14%)11 (8%)9 (6%) | 8.4 (4.5)0-2021 (29%)28 (38%)13 (18%)6 (8%)5 (7%) | 7.8 (4.5)0-2127 )37%)29 (40%)8 (11%)5 (7%)4 (6%) |

*Note: Where frequencies do not equal n, there is missing data as not all scale items were responded to.*