**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 good  Fairly good  Fairly bad  Very bad  **Sleep latency**  ≤15 min  16-30 min  31-60 min  >60 min  **Sleep duration**  <5h  5-5h 59min  6-6h 59min  ≥7h  **Sleep efficiency**  >85%  75-84%  65-74%  <65%  **Use of medication**  Not at all  < once per week  1 or 2 times per week  3 or more times per week | 7.9 (3.2)  1-19  33 (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)  3-14  16 (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%0  17 (24%)  9 (13%)  6 (9%)  70 (91%)  2 (3%)  2 (3%)  3 (4%) | 7.7 (3.5)  1-19  17 (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)  0-21  48 (33%)  57 (39%)  21 (14%)  11 (8%)  9 (6%) | 8.4 (4.5)  0-20  21 (29%)  28 (38%)  13 (18%)  6 (8%)  5 (7%) | 7.8 (4.5)  0-21  27 )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.*