

Table 2 Sleep disturbances, sleep quality and use of different stimulants in the evening prior to sleep

Factors	Categorization	n (%)
<i>Time taken to fall asleep</i>	> 30 min	16 (3.2)
<i>Waking during the night</i>	Almost every night	183 (36.6)
<i>Waking early without being able to sleep</i>	Almost every day	44 (8.7)
<i>Sleep satisfaction</i>	No	382 (76.5)
<i>Waking difficulty</i>	Often	91 (18.2)
<i>Feeling need to sleep during the day</i>	Often	90 (18.1)
<i>Absence during morning school classes</i>	Often	1 (0.2)
<i>Nightmares</i>	Often	7 (1.4)
<i>Use of Stimulants</i>	Often	
Tobacco	—	17 (3.4%)
Alcohol	—	18 (3.7%)
Soft drinks	—	306 (61.2%)
Coffee	—	192 (38.2%)
Energy drinks	—	168 (33.6%)
Tea	—	68 (13.6%)
<i>Dinner time</i>	Often	
Between 19:00 and 21:00	—	335 (66.5%)
Between 21:00 and 22:00	—	81 (16.3%)
Later than 22:00	—	39 (8%)