

Table 3 Multivariable analysis: predictors affecting sleep maintenance

Predictors	Coefficient	Standard error	Adjusted OR	95% CI	P
<i>Sleep < 8 h during weekdays</i>	1.79	0.60	5.98	1.78–20.07	0.004
<i>Wake satisfied</i>	-1.27	0.29	0.28	0.15–0.51	< 0.001
<i>Nightmares</i>					
Sometimes vs. Never	1.29	0.29	3.62	1.98–6.63	< 0.001
Often vs. Never	-0.33	0.95	0.72	0.11–4.77	0.7
<i>Coffee</i>					
Sometimes vs. Never	0.67	0.30	1.95	1.05–3.62	0.03
Often vs. Never	1.61	0.38	5.00	2.35–10.65	< 0.001
Activity in bed before sleep	0.78	0.25	2.19	1.30–3.71	0.003

CI = confidence interval; OR = odds ratio.