

Table 4 Multivariable analysis: predictors affecting early awakening

Predictors	Coefficient	Standard error	Adjusted OR	95% CI	P
<i>Sleep < 8 h during weekdays</i>	0.50	0.26	1.66	0.98–2.82	0.06
<i>Wake relaxed</i>					< 0.001
Little vs. Not at all	-0.71	0.54	0.49	0.17–1.39	0.18
Moderate vs. Not at all	-1.43	0.53	0.24	0.08–0.70	0.009
Very vs. Not at all	-1.27	0.58	0.28	0.09–0.95	0.04
<i>Nightmares</i>					
Sometimes vs. Never	1.6	0.27	4.90	2.84–8.45	< 0.001
Often vs. Never	0.79	0.45	2.2	0.89–4.67	0.5
<i>Feeling need to sleep during the day</i>					
Sometimes vs. Never	0.67	0.35	1.95	0.98–3.86	0.54
Often vs. Never	1.32	0.41	3.74	1.67–8.34	0.01
Absence during morning classes	0.92	0.38	2.50	1.17–5.34	0.007
Activity in bed before sleep	0.76	0.26	2.14	1.27–3.62	0.004

CI = confidence interval; OR = odds ratio.