

Table 3 Association of COVID-19 with sleep problems: conditional logistic regression analysis

Variable	β	SE	Wald	P-value	aOR* (95% CI)
Sleep quality	0.40	0.18	4.99	0.026	1.48 (1.05–2.10)
Sleep latency	0.60	0.18	11.82	0.001	1.82 (1.29–2.57)
Sleep duration	0.45	0.18	6.48	0.011	1.57 (1.11–2.22)
Sleep efficiency	1.33	0.32	16.78	< 0.001	3.77 (2.00–7.12)
Sleep disturbances	0.30	0.25	1.44	0.23	1.36 (0.82–2.23)
Daytime dysfunction	0.66	0.24	7.58	0.006	1.94 (1.21–3.11)
Poor global PSQI	1.10	0.36	9.56	0.002	3.00 (1.50–6.01)

COVID-19: coronavirus disease 2019; β : regression coefficient; SE: standard error; aOR: adjusted odds ratio; CI confidence interval; PSQI: Pittsburgh Sleep Quality Index.

*aORs adjusted for associated depression and anxiety symptoms.