

table5 Factors associated with sleep habits

	Short sleep duration			Late bedtime			Late wake-up time			Bad sleep quality			Insomnia			
	Adjusted odds ratio	95% CI		p value	Adjusted odds ratio	95% CI		p value	Adjusted odds ratio	95% CI		p value	Adjusted odds ratio	95% CI		p value
Sex				p<0.001				p<0.001				p<0.001				p<0.001
Men	1.00				1.00				1.00				1.00			
Women	1.33	1.29	1.37		1.28	1.24	1.32		0.75	0.70	0.81		1.06	1.03	1.09	1.10 1.07 1.14
Grade				p<0.001				p<0.001				p<0.001				p<0.001
7th grade	1.00				1.00				1.00				1.00			
8th grade	1.54	1.44	1.66		1.98	1.81	2.16		1.59	1.35	1.87		1.23	1.17	1.30	1.20 1.13 1.28
9th grade	2.38	2.22	2.55		4.06	3.73	4.41		2.66	2.28	3.09		1.60	1.51	1.69	1.44 1.35 1.53
10th grade	3.80	3.57	4.04		4.41	4.08	4.77		1.61	1.39	1.88		1.93	1.84	2.03	1.25 1.18 1.33
11th grade	4.46	4.19	4.75		5.72	5.29	6.18		2.07	1.79	2.40		1.90	1.80	1.99	1.27 1.19 1.34
12th grade	4.95	4.65	5.27		7.48	6.92	8.09		2.79	2.41	3.22		1.79	1.71	1.89	1.40 1.31 1.48
Type of bed*				p<0.001				0.685				0.110				p<0.001
Bed	1.00				1.00				1.00				1.00			
Futon	0.90	0.88	0.94		0.99	0.96	1.03		1.06	0.99	1.15		1.07	1.04	1.11	1.09 1.05 1.13
Lighting**				p<0.001				p<0.001				p<0.001				p<0.001
Light off	1.00				1.00				1.00				1.00			
Dim light	1.02	0.98	1.05		1.05	1.01	1.08		0.91	0.84	0.98		1.04	1.01	1.07	1.07 1.04 1.11
Light on	1.36	1.23	1.50		1.53	1.38	1.70		1.58	1.28	1.94		1.51	1.38	1.67	2.09 1.89 2.30
Number of people sharing a bedroom **				p<0.001				p<0.001				0.383				p<0.001
1	1.23	1.18	1.29		1.20	1.14	1.25		0.93	0.85	1.02		1.08	1.04	1.13	1.05 1.00 1.09
2	1.00				1.00				1.00				1.00			
3	0.94	0.88	1.00		0.95	0.88	1.02		0.92	0.80	1.08		0.98	0.92	1.03	0.88 0.82 0.95
4≤	0.82	0.75	0.89		0.84	0.77	0.92		0.88	0.73	1.06		0.94	0.88	1.01	0.86 0.79 0.93

CI : confidence interval.

*The analysis was performed after excluding those who selected “uncertain” and “others”.

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Short total sleep duration: less than 6 h.

Late bedtime: later than 01:00.

Late waking-up time: later than 08:00.

