

Table 1 . 对象者背景

	Total	Men	Women	p value
N	899	416	483	
Age, median (IQR)	66 (58-78)	65 (58-77)	67 (59-78)	0.15
BMI kg/m ² , median (IQR)	22.7 (20.7-25.1)	23.0 (21.5-25.4)	22.2 (20.1-24.6)	< 0.001
Habitual drinker, n (%)	187 (21.0)	152 (37.0)	35 (7.3)	< 0.001
Smoking status				
Never, n (%)	557 (62.7)	151 (36.7)	406 (85.3)	< 0.001
Past, n (%)	175 (19.7)	142 (34.5)	33 (6.9)	
Current, n (%)	156 (17.6)	119 (28.9)	37 (7.8)	
Walking				
≥ 60 min / day, n (%)	440 (49.2)	189 (45.7)	251 (52.2)	0.05
Exercise				
≥ 2 times /week, n (%)	340 (38.0)	166 (40.2)	174 (36.1)	0.21
Vegetable intake				
70-140 g / day, n (%)	432 (48.9)	239 (58.6)	193 (40.6)	< 0.001
140-280 g / day, n (%)	358 (40.5)	143 (35.0)	215 (45.3)	
≥ 280 g / day, n (%)	93 (10.5)	26 (6.4)	67 (14.1)	
Fruit intake				
< 50 g /day, n (%)	429 (48.5)	229 (55.9)	200 (42.1)	< 0.001
50-100 g /day, n (%)	248 (28.0)	98 (23.9)	150 (31.6)	
≥100 g / day, n (%)	208 (23.5)	83 (20.2)	125 (26.3)	
Sleep time				
< 5 hours, n (%)	85 (9.6)	36 (8.7)	49 (10.3)	0.06
5-6 hours, n (%)	214 (24.0)	85 (20.6)	129 (27.0)	
6-7 hours, n (%)	293 (32.9)	136 (32.9)	157 (32.9)	
7-8 hours, n (%)	162 (18.2)	79 (19.1)	83 (17.4)	
8-9 hours, n (%)	90 (10.1)	52 (12.6)	38 (8.0)	
> 9 hours, n (%)	46 (5.2)	25 (6.1)	21 (4.4)	
Insomnia symptoms, n (%)	584 (65.0)	256 (61.5)	328 (67.9)	0.05
DIS, n (%)	273 (30.4)	90 (21.6)	183 (37.9)	< 0.001
DMS, n (%)	402 (44.7)	167 (40.1)	235 (48.7)	0.01
DIS and/or DMS, n (%)	508 (56.5)	205 (49.3)	303 (62.7)	< 0.001
WE, n (%)	283 (31.5)	134 (32.2)	149 (30.8)	0.67
Daytime sleepiness, n (%)	387 (43.0)	181 (43.5)	206 (42.7)	0.84
RLS/WED symptoms				
Non-LMR, n (%)	456 (54.9)	224 (57.4)	232 (52.6)	0.38
LMR, n (%)	299 (36.0)	132 (33.8)	167 (37.9)	
RLS/WED, n (%)	76 (9.1)	34 (8.7)	42 (9.5)	

BMI, body mass index; DIS, difficulty initiating sleep; DMS, difficulty maintaining sleep; IQR, interquartile range; LMR, leg motor restlessness; RLS/WED, restless legs syndrome/Willis-Ekbom disease; WE, wake up too early.