

Table 3 . 総 TEQ 四分位毎の背景因子, 不眠症状, RLS/WED 関連症状の比較

TEQ pg-TEQ /g lipid	< 20, n = 225	20-35, n = 225	35-62, n=224	>=62, n=225	p value
Men, n (%)	128 (56.9)	108 (48.0)	113 (50.4)	67 (29.8)	< 0.001
Age, median (IQR)*	56 (51-62)	64 (58-73)	69 (62-80)	78 (70-84)	< 0.001
BMI kg/m ² , median (IQR)	22.6 (20.3-24.9)	22.4 (20.9-24.8)	23.0 (21.3-25.2)	22.7 (20.3-25.1)	0.199
Habitual drinker, n (%)	48 (21.4)	57 (25.7)	55 (24.7)	27 (12.2)	0.001
Smoking status					
Never, n (%)	100 (44.6)	133 (59.6)	139 (62.9)	185 (84.1)	< 0.001
Past, n (%)	55 (24.6)	49 (22.0)	49 (22.2)	22 (10.0)	
Current, n (%)	69 (30.8)	41 (18.4)	33 (14.9)	13 (5.9)	
Walking					
>= 60 min / day, n (%)	132 (58.7)	133 (59.4)	93 (41.7)	82 (36.8)	< 0.001
Exercise					
>= 2 times /week, n (%)	72 (32.0)	94 (42.0)	84 (37.7)	90 (40.4)	0.138
Vegetable intake					
70-140 g / day, n (%)	121 (54.3)	112 (50.7)	106 (48.0)	93 (42.7)	0.34
140-280 g / day, n (%)	81 (36.3)	87 (39.4)	93 (42.1)	97 (44.5)	
>= 280 g / day, n (%)	21 (9.4)	22 (10.0)	22 (10.0)	28 (12.8)	
Fruit intake					
< 50 g /day, n (%)	142 (63.7)	107 (48.4)	92 (41.3)	88 (40.4)	0.34
50-100 g /day, n (%)	46 (20.6)	75 (33.9)	65 (29.1)	62 (28.4)	
>=100 g / day, n (%)	35 (15.7)	39 (17.6)	66 (29.6)	68 (31.2)	
Sleep time					
< 5 hours, n (%)	23 (10.4)	20 (9.0)	16 (7.2)	26 (11.7)	< 0.001
5-6 hours, n (%)	69 (31.1)	52 (23.3)	46 (20.6)	47 (21.2)	
6-7 hours, n (%)	79 (35.6)	84 (37.7)	78 (35.0)	52 (23.4)	
7-8 hours, n (%)	34 (15.3)	32 (14.3)	51 (22.9)	45 (20.3)	
8-9 hours, n (%)	12 (5.4)	24 (10.8)	20 (9.0)	34 (15.3)	
> 9 hours, n (%)	5 (2.3)	11 (4.9)	12 (5.4)	18 (8.1)	
Insomnia symptoms, n (%)					
DIS, n (%)	46 (20.4)	67 (29.8)	66 (29.5)	94 (41.8)	< 0.001
DMS, n (%)	74 (32.9)	105 (46.7)	107 (47.8)	116 (51.6)	< 0.001
DIS and/or DMS, n (%)	96 (42.7)	133 (59.1)	128 (57.1)	151 (67.1)	< 0.001
WE, n (%)	69 (30.7)	74 (32.9)	73 (32.6)	67 (29.8)	0.88
Daytime sleepiness, n (%)	96 (42.7)	101 (44.9)	99 (44.2)	91 (40.4)	0.79
RLS/WED symptoms					
Non-LMR, n (%)	134 (62.6)	121 (56.8)	113 (54.1)	88 (45.1)	0.01
LMR, n (%)	58 (27.1)	74 (34.7)	78 (37.3)	89 (45.6)	
RLS/WED, n (%)	22 (10.3)	18 (8.5)	18 (8.6)	18 (9.2)	

*すべての群間で p < 0.001. 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; TEQ, toxic equivalent quantity; WE, wake up too early.