

Table 4 . 不眠症状の有無による背景因子の比較

	Non-insomnia	Insomnia	p value
N	315	584	
Men, n (%)	160 (50.8)	256 (43.8)	0.05
Age, median (IQR)	64 (57-77)	67 (59-78)	0.01
BMI kg/m ² , median (IQR)	22.6 (20.8-24.9)	22.7 (20.6-25.2)	0.84
Habitual drinker, n (%)	67 (21.6)	120 (20.7)	0.80
Smoking status			
Never, n (%)	186 (59.8)	371 (64.3)	0.08
Past, n (%)	58 (18.6)	117 (20.3)	
Current, n (%)	67 (21.5)	89 (15.4)	
Walking			
≥ 60 min / day, n (%)	167 (53.5)	273 (46.8)	0.06
Exercise			
≥ 2 times /week, n (%)	107 (34.3)	233 (40.0)	0.10
Vegetable intake			
70-140 g / day, n (%)	153 (50.0)	279 (48.4)	0.62
140-280 g / day, n (%)	118 (38.6)	240 (41.6)	
≥ 280 g / day, n (%)	35 (11.4)	58 (10.1)	
Fruit intake			
< 50 g /day, n (%)	163 (53.1)	266 (46.0)	0.13
50-100 g /day, n (%)	80 (26.1)	168 (29.1)	
≥ 100 g / day, n (%)	64 (20.8)	144 (24.9)	
Sleep time			
< 5 hours, n (%)	13 (4.2)	72 (12.4)	< 0.001
5-6 hours, n (%)	65 (21.0)	149 (25.7)	
6-7 hours, n (%)	95 (30.6)	198 (34.1)	
7-8 hours, n (%)	69 (22.3)	93 (16.0)	
8-9 hours, n (%)	44 (14.2)	46 (7.9)	
> 9 hours, n (%)	24 (7.7)	22 (3.8)	
Daytime sleepiness, n (%)	188 (34.9)	390 (44.8)	< 0.001
RLS/WED symptoms			
Non-LMR, n (%)	196 (68.5)	260 (47.7)	< 0.001
LMR, n (%)	67 (23.4)	232 (42.6)	
RLS/WED, n (%)	23 (8.0)	53 (9.7)	

BMI, body mass index; IQR, interquartile range; LMR, leg motor restlessness; RLS/WED, restless legs syndrome/Willis-Ekbom disease.