

Table 6 . 入眠困難もしくは睡眠維持困難のいずれかの不眠症状の有無による背景因子の比較

	Non-DIMS	DIMS	p value
N	391	508	
Men, n (%)	211 (54.0)	205 (40.4)	< 0.001
Age, median (IQR)	64 (57-76)	68 (60-79)	< 0.001
BMI kg/m ² , median (IQR)	22.9 (21.0-25.0)	22.5 (20.4-25.1)	0.14
Habitual drinker, n (%)	89 (23.1)	98 (19.4)	0.21
Smoking status			
Never, n (%)	220 (57.0)	337 (67.1)	0.001
Past, n (%)	77 (19.9)	98 (19.5)	
Current, n (%)	89 (23.1)	67 (13.3)	
Walking			
>= 60 min / day, n (%)	204 (52.6)	236 (46.5)	0.08
Exercise			
>= 2 times /week, n (%)	138 (35.6)	202 (39.8)	0.21
Vegetable intake			
70-140 g / day, n (%)	192 (50.5)	240 (47.7)	0.34
140-280 g / day, n (%)	144 (37.9)	214 (42.5)	
>= 280 g / day, n (%)	44 (11.6)	49 (9.7)	
Fruit intake			
< 50 g /day, n (%)	210 (55.1)	219 (43.5)	0.002
50-100 g /day, n (%)	90 (23.6)	158 (31.3)	
>=100 g / day, n (%)	81 (21.3)	127 (25.2)	
Sleep time			
< 5 hours, n (%)	16 (4.2)	69 (13.7)	< 0.001
5-6 hours, n (%)	82 (21.3)	132 (26.1)	
6-7 hours, n (%)	122 (31.7)	171 (33.9)	
7-8 hours, n (%)	89 (23.1)	73 (14.5)	
8-9 hours, n (%)	52 (13.5)	38 (7.5)	
> 9 hours, n (%)	24 (6.2)	22 (4.4)	
Daytime sleepiness, n (%)	144 (36.8)	243 (47.8)	0.001
RLS/WED symptoms			
Non-LMR, n (%)	238 (66.1)	218 (46.3)	< 0.001
LMR, n (%)	92 (25.6)	207 (43.9)	
RLS/WED, n (%)	30 (8.3)	46 (9.8)	

BMI, body mass index; DIMS, difficulty initiating and/or maintaining sleep; IQR, interquartile range; LMR, leg motor restlessness; RLS/WED, restless legs syndrome/Willis-Ekbom disease.