

Table 8 . RLS/WED 関連症状による背景因子の比較

	Non-LMR	LMR	RLS/WED	P value
N	456	299	76	
Men, n (%)	224 (49.1)	132 (44.1)	34 (44.7)	0.38
Age, median (IQR)	64 (57-75)	69 (60-79)*	65 (58-77)	< 0.001
BMI kg/m ² , median (IQR)	22.5 (20.5-25.2)	23.0 (21.3-25.3)	22.5 (20.6-24.5)	0.06
Habitual drinker, n (%)	107 (23.6)	55 (18.6)	15 (19.7)	0.26
Smoking status				
Never, n (%)	279 (61.5)	194 (66.0)	47 (61.8)	0.76
Past, n (%)	93 (20.5)	52 (17.7)	14 (18.4)	
Current, n (%)	82 (18.1)	48 (16.3)	15 (19.7)	
Walking				
>= 60 min / day, n (%)	231 (50.8)	137 (46.0)	44 (57.9)	0.14
Exercise				
>= 2 times /week, n (%)	165 (36.3)	117 (39.1)	36 (47.4)	0.18
Vegetable intake				
70-140 g / day, n (%)	229 (50.7)	149 (50.2)	29 (39.2)	0.39
140-280 g / day, n (%)	178 (39.4)	118 (39.7)	34 (45.9)	
>= 280 g / day, n (%)	45 (10.0)	30 (10.1)	11 (14.9)	
Fruit intake				
< 50 g /day, n (%)	235 (51.8)	138 (46.6)	27 (36.0)	0.11
50-100 g /day, n (%)	117 (25.8)	88 (29.7)	27 (36.0)	
>=100 g / day, n (%)	102 (22.5)	70 (23.6)	21 (28.0)	
Sleep time				
< 5 hours, n (%)	30 (6.6)	42 (14.1)	8 (10.7)	0.002
5-6 hours, n (%)	95 (20.9)	83 (27.9)	19 (25.3)	
6-7 hours, n (%)	168 (36.9)	86 (29.0)	24 (32.0)	
7-8 hours, n (%)	91 (20.0)	43 (14.5)	17 (22.7)	
8-9 hours, n (%)	43 (9.5)	34 (11.4)	5 (6.7)	
> 9 hours, n (%)	28 (6.2)	9 (3.0)	2 (2.7)	
Insomnia symptoms, n (%)				
DIS, n (%)	114 (25.0)	109 (36.5)	26 (34.2)	0.002
DMS, n (%)	169 (37.1)	171 (57.2)	35 (46.1)	< 0.001
DIS and/or DMS, n (%)	218 (47.8)	207 (69.2)	46 (60.5)	< 0.001
WE, n (%)	112 (24.6)	125 (41.8)	28 (36.8)	< 0.001
Daytime sleepiness, n (%)	166 (36.4)	162 (54.2)	36 (47.4)	< 0.001

* vs. non-LMR 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; WE, wake up too early.