

```

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ASETEXTDIRECTION=AUTOMATIC DIGITGROUPING=No TLook=None SUMMARY=None MIOUTPUT=[OBSERVED
  IMPUTED] TFit=Both LEADZERO=No TABLERENDER=light.
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ERO=No TABLERENDER=light.
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DATASET NAME DataSet1 WINDOW=FRONT.
SUMMARIZE
  /TABLES=id sex age marital edlevel weight height healthrate fitrate weightrate smoke
smokenum
  alcohol caffeine hourwnit hourwend hourneed trubslep trubstay wakenite niteshft l
iteslp refreshd
  satsleep qualslp stressmo medhelp problem impact1 impact2 impact3 impact4 impact5
impact6 impact7
  stopb restlss drvsleep drvresul ess anxiety depress fatigue lethargy tired sleepy
energy stayslprec
  getsleprec qualsleeprec totsas cigsgp3 agegp3 probsleeprec drvslprec
/FORMAT=VALIDLIST NOCASENUM TOTAL LIMIT=100
/TITLE='Case Summaries'
/MISSING=VARIABLE
/CELLS=COUNT MEAN.

```

Summarize

Notes

Output Created		22-MAR-2024 16:13:14
Comments		
Input	Data	C: \Users\r10625016\Downlo ads\sleep.sav
	Active Dataset	DataSet1
	Filter	<none>
	Weight	<none>
	Split File	<none>
	N of Rows in Working Data File	271
Missing Value Handling	Definition of Missing	For each dependent variable in a table, user-defined missing values for the dependent and all grouping variables are treated as missing.
	Cases Used	Cases used for each table have no missing values in any independent variable, and not all dependent variables have missing values.

Notes

Syntax		SUMMARIZE /TABLES=id sex age marital edlevel weight height healthrate fitrate weightrate smoke smokenum alcohol caffeine hourwnit hourwend hourneed trubslep trubstay wakenite niteshft liteslp refreshd satsleep qualslp stressmo medhelp problem impact1 impact2 impact3 impact4 impact5 impact6 impact7 stopb restlss drvsleep drvresul ess anxiety depress fatigue lethargy tired sleepy energy stayslprec getsleprec qualsleeprec totsas cigsgp3 agegp3 probsleeprec drvslprec /FORMAT=VALIDLIST NOCASENUM TOTAL LIMIT=100 /TITLE='Case Summaries' /MISSING=VARIABLE /CELLS=COUNT MEAN.
Resources	Processor Time	00:00:00.09
	Elapsed Time	00:00:00.05

[DataSet1] C:\Users\r10625016\Downloads\sleep.sav

Case Processing Summary^a

	Cases					
	Included		Excluded		Total	
	N	Percent	N	Percent	N	Percent
Identification Number	100	100.0%	0	0.0%	100	100.0%
sex	100	100.0%	0	0.0%	100	100.0%
age	84	84.0%	16	16.0%	100	100.0%
marital status	100	100.0%	0	0.0%	100	100.0%
highest education level achieved	99	99.0%	1	1.0%	100	100.0%
weight	92	92.0%	8	8.0%	100	100.0%
height	92	92.0%	8	8.0%	100	100.0%
general health	99	99.0%	1	1.0%	100	100.0%
physical fitness	98	98.0%	2	2.0%	100	100.0%
current weight	95	95.0%	5	5.0%	100	100.0%
do you smoke	99	99.0%	1	1.0%	100	100.0%
cigs per day	16	16.0%	84	84.0%	100	100.0%
how many alcoholic drinks per day	94	94.0%	6	6.0%	100	100.0%
how many caffeine drinks per day	97	97.0%	3	3.0%	100	100.0%
hours sleep/ week nights	99	99.0%	1	1.0%	100	100.0%
hours sleep/ week ends	98	98.0%	2	2.0%	100	100.0%
how many hours sleep needed	99	99.0%	1	1.0%	100	100.0%
trouble falling asleep?	99	99.0%	1	1.0%	100	100.0%
trouble staying asleep	97	97.0%	3	3.0%	100	100.0%
waking during night	100	100.0%	0	0.0%	100	100.0%
work night shift or rotating shifts	98	98.0%	2	2.0%	100	100.0%
light sleeper?	97	97.0%	3	3.0%	100	100.0%
do you feel refreshed weekdays?	96	96.0%	4	4.0%	100	100.0%
satisfied with sleep amount	98	98.0%	2	2.0%	100	100.0%
quality of sleep	98	98.0%	2	2.0%	100	100.0%
how stressed over last month?	100	100.0%	0	0.0%	100	100.0%

Case Processing Summary^a

	Included		Cases Excluded		Total	
	N	Percent	N	Percent	N	Percent
medication taken to help sleep?	100	100.0%	0	0.0%	100	100.0%
problem with sleep?	98	98.0%	2	2.0%	100	100.0%
mood	18	18.0%	82	82.0%	100	100.0%
energy level	17	17.0%	83	83.0%	100	100.0%
concent	17	17.0%	83	83.0%	100	100.0%
memory	17	17.0%	83	83.0%	100	100.0%
life sat	17	17.0%	83	83.0%	100	100.0%
overall well-being	17	17.0%	83	83.0%	100	100.0%
relationships	18	18.0%	82	82.0%	100	100.0%
stop breathing	99	99.0%	1	1.0%	100	100.0%
restless sleeper	100	100.0%	0	0.0%	100	100.0%
asleep while driving	88	88.0%	12	12.0%	100	100.0%
drive, result in acc due to sleepy	88	88.0%	12	12.0%	100	100.0%
epworth sleepiness scale	95	95.0%	5	5.0%	100	100.0%
HADS Anxiety	99	99.0%	1	1.0%	100	100.0%
HADS Depression	99	99.0%	1	1.0%	100	100.0%
fatigued	97	97.0%	3	3.0%	100	100.0%
lethargic	99	99.0%	1	1.0%	100	100.0%
tired	99	99.0%	1	1.0%	100	100.0%
sleepy	98	98.0%	2	2.0%	100	100.0%
lack energy	98	98.0%	2	2.0%	100	100.0%
prob stay asleep rec	97	97.0%	3	3.0%	100	100.0%
prob fall asleep rec	99	99.0%	1	1.0%	100	100.0%
qual sleep rec	98	98.0%	2	2.0%	100	100.0%
sleepy & assoc sensations scale	94	94.0%	6	6.0%	100	100.0%
cigs per day gp3	16	16.0%	84	84.0%	100	100.0%
agegp3	84	84.0%	16	16.0%	100	100.0%
prob sleep recode 01	98	98.0%	2	2.0%	100	100.0%
fall asleep while driving	88	88.0%	12	12.0%	100	100.0%

a. Limited to first 100 cases.

Case Summaries^a

	Identification Number	sex	age	marital status	highest education level achieved	weight
1	83	female	42	married/defacto	secondary school	52
2	294	female	54	married/defacto	postgraduate degree	65
3	425	male	.	married/defacto	secondary school	89
4	64	female	41	married/defacto	postgraduate degree	66
5	536	female	39	married/defacto	postgraduate degree	62
6	57	female	66	married/defacto	undergraduate degree	62
7	251	female	36	single	trade training/ post secondary training	62
8	255	female	35	married/defacto	postgraduate degree	75
9	265	male	.	married/defacto	postgraduate degree	90
10	290	male	41	married/defacto	postgraduate degree	75
11	418	male	.	married/defacto	postgraduate degree	70
12	95	male	.	single	undergraduate degree	78
13	77	female	33	married/defacto	postgraduate degree	67
14	203	female	.	married/defacto	postgraduate degree	80
15	413	female	24	widowed	.	56
16	69	female	24	married/defacto	undergraduate degree	49
17	277	female	35	married/defacto	postgraduate degree	50
18	401	male	28	married/defacto	undergraduate degree	75
19	7	male	19	single	secondary school	60

Case Summaries^a

	height	general health	physical fitness	current weight	do you smoke
1	162	very good	7	5	yes
2	174	8	7	5	no
3	170	6	5	7	no
4	178	9	7	5	yes
5	160	9	5	7	no
6	165	8	8	5	no
7	165	9	7	7	no
8	174	6	6	8	no
9	180	6	6	8	no
10	187	9	9	3	yes
11	.	very good	7	6	no
12	178	8	8	6	no
13	158	9	4	7	no
14	173	8	6	8	yes
15	162	9	8	5	no
16	165	8	6	5	no
17	153	8	7	8	no
18	170	8	8	5	no
19	176	9	9	5	no

Case Summaries^a

	cigs per day	how many alcoholic drinks per day	how many caffeine drinks per day	hours sleep/ week nights	hours sleep/ week ends
1	15	3.00	5.00	9.0	9.0
2	.	.00	10.00	6.5	6.5
3	.	12.00	4.00	6.0	6.0
4	5	2.00	3.00	7.0	8.0
5	.	1.00	6.00	7.0	7.0
6	.	1.00	3.00	7.0	8.0
7	.	.00	3.00	6.0	8.0
8	.	2.00	3.00	6.0	7.0
9	.	.25	2.00	7.0	7.0
10	7	1.00	3.00	6.0	8.0
11	.	2.00	5.00	7.0	8.0
12	.	.00	1.00	7.0	6.0
13	.	1.00	2.00	8.0	7.5
14	.	.00	5.00	6.0	6.0
15	.	1.00	2.00	8.0	9.5
16	.	1.00	3.00	7.0	10.0
17	.	1.00	1.00	7.0	8.0
18	.	.00	1.00	8.0	8.0
19	.	.00	1.00	8.0	8.0

Case Summaries^a

	how many hours sleep needed	trouble falling asleep?	trouble staying asleep	waking during night	work night shift or rotating shifts
1	9.0	.	.	yes	no
2	7.0	yes	yes	yes	no
3	8.0	yes	yes	yes	no
4	8.0	yes	no	no	no
5	7.5	yes	yes	yes	no
6	8.0	yes	yes	yes	no
7	8.0	yes	yes	yes	no
8	7.0	yes	yes	yes	no
9	8.0	yes	no	yes	.
10	7.0	yes	no	no	no
11	7.5	yes	yes	yes	no
12	8.0	yes	no	yes	yes
13	6.5	yes	no	yes	no
14	8.0	yes	yes	yes	yes
15	9.0	yes	no	no	no
16	10.0	yes	no	yes	no
17	8.0	yes	yes	yes	no
18	7.0	yes	no	yes	no
19	8.5	yes	no	no	no

Case Summaries^a

	light sleeper?	do you feel refreshed weekdays?	satisfied with sleep amount	quality of sleep	how stressed over last month?
1	no	yes	2	excellent	2
2	yes	yes	5	good	5
3	yes	no	3	poor	6
4	no	no	4	good	8
5	no	yes	2	good	6
6	no	no	4	fair	7
7	no	no	6	good	8
8	yes	no	7	very good	8
9	6
10	no	no	8	very good	5
11	yes	no	3	poor	2
12	yes	yes	8	good	5
13	yes	yes	8	good	7
14	yes	no	3	poor	8
15	no	no	4	good	7
16	no	no	8	very good	6
17	yes	no	6	good	extremely stressed
18	yes	yes	8	very good	2
19	no	no	8	very good	2

Case Summaries^a

	medication taken to help sleep?	problem with sleep?	mood	energy level	concent
1	no	no	.	.	.
2	no	no	.	.	.
3	yes	no	.	.	.
4	no	no	.	.	.
5	no	no	.	.	.
6	no	no	.	.	.
7	no	no	.	.	.
8	no	no	.	.	.
9	no	yes	6	6	6
10	no	no	.	.	.
11	no	yes	5	7	8
12	no	no	.	.	.
13	no	no	.	.	.
14	no	yes	9	9	7
15	no	no	.	.	.
16	no	no	3	3	3
17	no	no	.	.	.
18	no	no	.	.	.
19	no	no	.	.	.

Case Summaries^a

	memory	life sat	overall well-being	relationships	stop breathing
1	no
2	no
3	no
4	no
5	no
6	no
7	no
8	no
9	6	7	8	8	no
10	no
11	8	7	6	3	yes
12	no
13	no
14	7	7	7	7	yes
15	no
16	3	3	3	3	no
17	no
18	no
19	no

Case Summaries^a

	restless sleeper	asleep while driving	drive, result in acc due to sleepy	epworth sleepiness scale	HADS Anxiety
1	no	no	no	8	2
2	yes	no	no	17	6
3	yes	yes	yes	13	9
4	no	no	no	12	8
5	no	no	no	12	4
6	yes	.	no	10	12
7	no	no	no	10	12
8	no	yes	no	10	13
9	yes	no	no	10	12
10	no	no	no	10	1
11	yes	no	no	10	5
12	no	no	no	9	7
13	yes	no	no	8	3
14	yes	no	no	8	12
15	no	no	no	8	4
16	no	no	yes	7	6
17	no	no	no	7	12
18	yes	no	no	7	4
19	no	no	no	6	3

Case Summaries^a

	HADS Depression	fatigued	lethargic	tired	sleepy	lack energy
1	1	2	2	2	2	2
2	2	2	3	5	5	5
3	10	7	7	6	6	5
4	3	7	7	6	6	8
5	0	5	3	5	6	6
6	6	7	7	6	6	7
7	10	.	8	8	8	9
8	11	7	8	8	6	8
9	11	7	6	7	.	.
10	0	2	2	4	5	3
11	4	7	6	7	8	7
12	0	3	2	3	3	3
13	3	5	4	5	7	7
14	12	8	7	8	8	9
15	0	6	7	6	6	8
16	2	6	6	2	7	4
17	0	6	8	6	6	8
18	3	2	2	2	3	3
19	1	5	6	6	8	5

Case Summaries^a

	prob stay asleep rec	prob fall asleep rec	qual sleep rec	sleepy & assoc sensations scale	cigs per day gp3
1	.	.	very good, excellent	10	6 - 15
2	yes	yes	good	20	.
3	yes	yes	very poor, poor	31	.
4	no	yes	good	34	<= 5
5	yes	yes	good	25	.
6	yes	yes	fair	33	.
7	yes	yes	good	.	.
8	yes	yes	very good, excellent	37	.
9	no	yes	.	.	.
10	no	yes	very good, excellent	16	6 - 15
11	yes	yes	very poor, poor	35	.
12	no	yes	good	14	.
13	no	yes	good	28	.
14	yes	yes	very poor, poor	40	.
15	no	yes	good	33	.
16	no	yes	very good, excellent	25	.
17	yes	yes	good	34	.
18	no	yes	very good, excellent	12	.
19	no	yes	very good, excellent	30	.

Case Summaries^a

	agegp3	prob sleep recode 01	fall asleep while driving
1	38 - 50	no	no
2	51+	no	no
3	.	no	yes
4	38 - 50	no	no
5	38 - 50	no	no
6	51+	no	.
7	<= 37	no	no
8	<= 37	no	yes
9	.	yes	no
10	38 - 50	no	no
11	.	yes	no
12	.	no	no
13	<= 37	no	no
14	.	yes	no
15	<= 37	no	no
16	<= 37	no	no
17	<= 37	no	no
18	<= 37	no	no
19	<= 37	no	no

Case Summaries^a

	Identification Number	sex	age	marital status	highest education level achieved	weight
20	12	male	31	single	postgraduate degree	.
21	50	male	.	married/defact o	postgraduate degree	72
22	67	male	.	single	trade training/ post secondary training	95
23	218	female	41	married/defact o	postgraduate degree	75
24	245	male	45	married/defact o	undergraduat e degree	89
25	258	female	23	single	undergraduat e degree	68
26	291	female	48	married/defact o	trade training/ post secondary training	.
27	2	male	62	married/defact o	postgraduate degree	90
28	40	male	.	married/defact o	postgraduate degree	94
29	51	male	.	single	secondary school	70
30	26	male	.	divorced	postgraduate degree	63
31	249	male	21	single	undergraduat e degree	.
32	410	male	27	single	undergraduat e degree	82
33	513	female	31	married/defact o	postgraduate degree	67
34	525	male	26	single	postgraduate degree	80
35	47	male	25	single	secondary school	75
36	63	male	59	married/defact o	secondary school	75

Case Summaries^a

	height	general health	physical fitness	current weight	do you smoke
20	.	8	7	4	no
21	173	6	5	6	no
22	192	6	4	7	yes
23	170	8	7	9	no
24	175	7	5	7	no
25	178	6	5	7	no
26	163	7	6	8	no
27	188	8	7	7	no
28	185	8	6	8	no
29	179	7	8	5	yes
30	174	8	9	3	no
31	.	9	8	4	no
32	185	9	8	5	no
33	165	8	7	7	no
34	180	7	7	7	no
35	180	8	7	5	no
36	182	7	7	6	no

Case Summaries^a

	cigs per day	how many alcoholic drinks per day	how many caffeine drinks per day	hours sleep/ week nights	hours sleep/ week ends
20	.	.00	7.00	7.0	7.0
21	.	.00	2.00	9.0	8.0
22	17	1.00	6.00	7.0	8.5
23	0	.00	.00	8.0	8.0
24	.	1.00	5.00	7.0	8.0
25	.	.00	4.00	7.0	8.5
26	.	.00	2.00	6.0	9.0
27	.	5.00	5.00	6.5	8.0
28	.	.	4.00	7.0	8.0
29	2	3.00	6.00	6.0	9.0
30	.	.00	2.00	7.0	7.0
31	.	.00	3.00	7.0	8.0
32	.	.00	.00	6.0	8.0
33	.	.	3.00	9.0	8.0
34	.	.00	3.00	8.0	8.0
35	.	.00	3.00	8.0	10.0
36	.	1.00	3.00	6.0	7.0

Case Summaries^a

	how many hours sleep needed	trouble falling asleep?	trouble staying asleep	waking during night	work night shift or rotating shifts
20	7.0	yes	no	yes	no
21	7.0	yes	yes	yes	no
22	8.0	yes	yes	yes	no
23	8.0	yes	no	yes	no
24	8.0	yes	yes	yes	no
25	7.0	yes	no	yes	no
26	7.0	yes	no	yes	no
27	8.0	yes	yes	yes	no
28	7.5	yes	yes	yes	no
29	8.0	yes	yes	yes	no
30	.	yes	yes	yes	no
31	9.0	yes	yes	yes	no
32	7.0	yes	no	yes	no
33	8.0	yes	no	yes	no
34	6.0	yes	no	no	no
35	10.0	yes	no	no	no
36	6.5	yes	no	yes	no

Case Summaries^a

	light sleeper?	do you feel refreshed weekdays?	satisfied with sleep amount	quality of sleep	how stressed over last month?
20	no	yes	7	very good	6
21	yes	yes	8	very good	9
22	no	yes	7	good	4
23	yes	yes	5	good	8
24	no	yes	7	fair	8
25	no	yes	5	very good	9
26	yes	yes	8	good	3
27	yes	no	4	fair	7
28	no	yes	3	fair	7
29	yes	no	4	fair	3
30	yes	no	very dissatisfied	very poor	8
31	no	no	5	good	5
32	no	no	7	good	5
33	yes	yes	8	fair	4
34	no	yes	8	excellent	9
35	no	no	6	good	5
36	no	yes	8	good	7

Case Summaries^a

	medication taken to help sleep?	problem with sleep?	mood	energy level	concent
20	no	no	2	3	3
21	no	yes	7	to a great extent	6
22	no	yes	7	2	3
23	no	no	.	.	.
24	no	no	.	.	.
25	no	no	.	.	.
26	no	no	.	.	.
27	no	no	3	5	5
28	no	yes	3	3	3
29	no	no	3	3	not at all
30	no	yes	to a great extent	to a great extent	to a great extent
31	no	no	.	.	.
32	no	no	.	.	.
33	no	no	.	.	.
34	no	no	.	.	.
35	no	no	.	.	.
36	no	no	.	.	.

Case Summaries^a

	memory	life sat	overall well-being	relationships	stop breathing
20	not at all	not at all	2	not at all	no
21	3	8	8	9	no
22	4	8	8	9	no
23	yes
24	no
25	no
26	no
27	4	5	4	3	no
28	3	3	3	3	yes
29	2	not at all	not at all	2	no
30	not at all	8	8	8	no
31	no
32	no
33	no
34	no
35	no
36	no

Case Summaries^a

	restless sleeper	asleep while driving	drive, result in acc due to sleepy	epworth sleepiness scale	HADS Anxiety
20	no	no	no	6	7
21	yes	no	no	6	10
22	no	no	no	6	11
23	no	no	no	6	15
24	yes	no	no	6	9
25	no	no	no	6	11
26	no	no	no	6	9
27	yes	no	no	5	8
28	yes	yes	yes	5	1
29	yes	no	no	5	3
30	yes	no	no	4	9
31	no	no	no	4	4
32	no	no	no	4	7
33	yes	no	no	4	5
34	no	no	no	4	7
35	no	no	no	3	5
36	no	no	no	3	7

Case Summaries^a

	HADS Depression	fatigued	lethargic	tired	sleepy	lack energy
20	7	3	2	3	3	3
21	5	8	7	8	4	8
22	5	3	3	5	3	4
23	10	8	7	7	6	8
24	4	6	7	7	6	7
25	2	7	7	7	7	7
26	7	4	5	3	3	3
27	3	5	4	5	5	5
28	1	7	2	3	3	2
29	1	2	3	3	5	3
30	8	8	8	9	10	9
31	1	4	5	4	6	6
32	0	3	3	4	4	5
33	3	4	3	6	7	3
34	4	3	3	3	3	1
35	1	.	6	5	6	3
36	2	1	3	1	5	5

Case Summaries^a

	prob stay asleep rec	prob fall asleep rec	qual sleep rec	sleepy & assoc sensations scale	cigs per day gp3
20	no	yes	very good, excellent	14	.
21	yes	yes	very good, excellent	35	.
22	yes	yes	good	18	16+
23	no	yes	good	36	<= 5
24	yes	yes	fair	33	.
25	no	yes	very good, excellent	35	.
26	no	yes	good	18	.
27	yes	yes	fair	24	.
28	yes	yes	fair	17	.
29	yes	yes	fair	16	<= 5
30	yes	yes	very poor, poor	44	.
31	yes	yes	good	25	.
32	no	yes	good	19	.
33	no	yes	fair	23	.
34	no	yes	very good, excellent	13	.
35	no	yes	good	.	.
36	no	yes	good	15	.

Case Summaries^a

	agegp3	prob sleep recode 01	fall asleep while driving
20	<= 37	no	no
21	.	yes	no
22	.	yes	no
23	38 - 50	no	no
24	38 - 50	no	no
25	<= 37	no	no
26	38 - 50	no	no
27	51+	no	no
28	.	yes	yes
29	.	no	no
30	.	yes	no
31	<= 37	no	no
32	<= 37	no	no
33	<= 37	no	no
34	<= 37	no	no
35	<= 37	no	no
36	51+	no	no

Case Summaries^a

	Identification Number	sex	age	marital status	highest education level achieved	weight
37	68	male	44	married/defacto	undergraduate degree	90
38	207	male	.	single	postgraduate degree	56
39	302	male	56	married/defacto	postgraduate degree	75
40	409	male	.	married/defacto	postgraduate degree	75
41	412	female	35	single	undergraduate degree	56
42	535	female	48	divorced	postgraduate degree	64
43	62	female	59	married/defacto	undergraduate degree	80
44	70	female	42	divorced	undergraduate degree	50
45	252	female	.	single	trade training/ post secondary training	66
46	406	male	29	married/defacto	postgraduate degree	74
47	527	female	18	single	primary school	58
48	79	female	48	married/defacto	undergraduate degree	60
49	213	female	37	married/defacto	postgraduate degree	59
50	417	female	84	widowed	secondary school	63
51	517	female	69	widowed	primary school	75
52	541	female	37	divorced	secondary school	63
53	65	male	.	single	postgraduate degree	80
54	24	male	63	married/defacto	postgraduate degree	.

Case Summaries^a

	height	general health	physical fitness	current weight	do you smoke
37	174	9	7	7	no
38	171	very good	7	5	no
39	180	7	5	6	no
40	176	8	6	5	no
41	163	9	6	6	no
42	172	very good	very good	4	no
43	173	very good	9	8	no
44	165	8	8	5	yes
45	160	7	6	6	no
46	170	very good	9	7	no
47	157	8	9	6	no
48	165	9	.	.	no
49	165	5	7	6	yes
50	165	8	8	.	no
51	163	.	5	.	no
52	158	9	7	5	no
53	183	9	9	5	no
54	.	very good	8	5	no

Case Summaries^a

	cigs per day	how many alcoholic drinks per day	how many caffeine drinks per day	hours sleep/ week nights	hours sleep/ week ends
37	.	3.00	2.00	7.0	7.0
38	.	.50	2.00	7.0	8.0
39	.	1.00	3.00	7.0	8.0
40	.	.00	3.00	6.0	6.0
41	.	.00	8.00	6.0	8.0
42	.	1.00	5.00	5.5	5.5
43	.	.00	2.00	6.0	8.0
44	10	1.00	3.00	7.0	7.0
45	.	1.00	4.00	5.0	5.0
46	.	1.00	3.00	8.0	8.0
47	.	.00	3.00	8.0	10.0
48	.	.00	4.00	.	.
49	15	2.00	2.00	8.0	8.0
50	.	1.00	4.00	6.0	6.0
51	.	2.00	4.00	4.0	4.0
52	.	1.00	1.00	8.0	8.0
53	.	1.00	7.00	6.5	7.5
54	.	.00	4.00	6.0	7.0

Case Summaries^a

	how many hours sleep needed	trouble falling asleep?	trouble staying asleep	waking during night	work night shift or rotating shifts
37	7.0	yes	no	yes	no
38	8.0	yes	yes	no	no
39	8.5	yes	yes	yes	no
40	8.0	yes	yes	yes	no
41	8.0	yes	yes	yes	no
42	8.0	yes	yes	yes	yes
43	8.0	yes	no	yes	no
44	7.0	yes	yes	yes	no
45	5.0	yes	.	yes	no
46	8.0	yes	no	no	no
47	7.0	yes	yes	no	no
48	2.0	yes	no	yes	no
49	8.0	yes	no	yes	no
50	6.0	yes	no	yes	no
51	6.0	yes	yes	yes	no
52	10.0	yes	yes	yes	no
53	7.0	no	no	yes	no
54	7.0	no	no	yes	no

Case Summaries^a

	light sleeper?	do you feel refreshed weekdays?	satisfied with sleep amount	quality of sleep	how stressed over last month?
37	yes	yes	9	fair	2
38	yes	yes	8	very good	3
39	no	no	3	poor	7
40	yes	no	4	fair	7
41	yes	no	6	good	8
42	no	no	very dissatisfied	poor	7
43	yes	no	5	good	4
44	yes	yes	5	good	2
45	no	yes	6	fair	2
46	no	no	7	good	5
47	no	no	7	very good	2
48	yes	no	7	good	9
49	no	no	4	good	5
50	yes	yes	5	good	not at all
51	.	.	4	very poor	5
52	yes	no	7	fair	8
53	no	no	3	very good	not at all
54	no	yes	9	excellent	8

Case Summaries^a

	medication taken to help sleep?	problem with sleep?	mood	energy level	concent
37	no	no	.	.	.
38	no	no	.	.	.
39	no	no	.	.	.
40	no	yes	5	5	3
41	yes	no	5	7	4
42	no	no	7	3	7
43	no	no	8	.	.
44	yes	no	.	.	.
45	no	no	.	.	.
46	no	no	.	.	.
47	no	no	.	.	.
48	no	no	.	.	.
49	no	no	.	.	.
50	no
51	no
52	no	no	.	.	.
53	no	yes	.	.	.
54	no	no	.	.	.

Case Summaries^a

	memory	life sat	overall well-being	relationships	stop breathing
37	no
38	no
39	no
40	not at all	2	2	not at all	no
41	7	4	5	5	no
42	7	7	7	6	no
43	.	.	.	5	no
44	no
45
46	no
47	no
48	no
49	no
50	no
51	no
52	no
53	no
54	no

Case Summaries^a

	restless sleeper	asleep while driving	drive, result in acc due to sleepy	epworth sleepiness scale	HADS Anxiety
37	yes	no	no	3	2
38	no	no	no	3	4
39	no	yes	no	3	7
40	yes	no	no	3	4
41	no	no	no	3	6
42	no	no	no	3	8
43	no	no	no	2	5
44	no	no	no	2	4
45	no	no	no	1	1
46	no	no	no	0	3
47	yes	.	.	0	5
48	yes	no	no	.	6
49	no	no	no	.	7
50	no	.	.	.	4
51	yes	no	no	.	6
52	no
53	no	yes	yes	18	1
54	yes	yes	yes	15	7

Case Summaries^a

	HADS Depression	fatigued	lethargic	tired	sleepy	lack energy
37	1	4	4	6	4	3
38	2	2	2	2	3	2
39	10	8	7	8	8	8
40	1	3	7	7	7	8
41	8	6	6	6	6	7
42	1	3	3	3	6	2
43	1	3	3	3	6	3
44	0	2	2	3	5	4
45	1	3	3	3	5	4
46	3	4	4	4	6	3
47	1	2	2	2	3	2
48	5	3	3	3	4	7
49	4	6	6	7	7	7
50	1	3	1	3	5	2
51	1	2	4	4	5	5
52	.	6	8	6	5	6
53	2	2	1	5	4	5
54	3	4	3	5	6	7

Case Summaries^a

	prob stay asleep rec	prob fall asleep rec	qual sleep rec	sleepy & assoc sensations scale	cigs per day gp3
37	no	yes	fair	21	.
38	yes	yes	very good, excellent	11	.
39	yes	yes	very poor, poor	39	.
40	yes	yes	fair	32	.
41	yes	yes	good	31	.
42	yes	yes	very poor, poor	17	.
43	no	yes	good	18	.
44	yes	yes	good	16	6 - 15
45	.	yes	fair	18	.
46	no	yes	good	21	.
47	yes	yes	very good, excellent	11	.
48	no	yes	good	20	.
49	no	yes	good	33	6 - 15
50	no	yes	good	14	.
51	yes	yes	very poor, poor	20	.
52	yes	yes	fair	31	.
53	no	no	very good, excellent	17	.
54	no	no	very good, excellent	25	.

Case Summaries^a

	agegp3	prob sleep recode 01	fall asleep while driving
37	38 - 50	no	no
38	.	no	no
39	51+	no	yes
40	.	yes	no
41	<= 37	no	no
42	38 - 50	no	no
43	51+	no	no
44	38 - 50	no	no
45	.	no	no
46	<= 37	no	no
47	<= 37	no	.
48	38 - 50	no	no
49	<= 37	no	no
50	51+	.	.
51	51+	.	no
52	<= 37	no	.
53	.	yes	yes
54	51+	no	yes

Case Summaries^a

	Identification Number	sex	age	marital status	highest education level achieved	weight
55	55	female	43	married/defacto	postgraduate degree	.
56	216	female	42	married/defacto	postgraduate degree	.
57	261	female	50	married/defacto	trade training/ post secondary training	55
58	408	female	47	married/defacto	postgraduate degree	68
59	13	male	35	divorced	undergraduate degree	70
60	20	male	63	married/defacto	postgraduate degree	82
61	263	female	52	married/defacto	postgraduate degree	100
62	32	female	49	single	secondary school	80
63	247	female	19	single	undergraduate degree	63
64	532	female	29	married/defacto	undergraduate degree	43
65	23	female	53	married/defacto	postgraduate degree	57
66	220	male	57	married/defacto	postgraduate degree	.
67	246	female	.	married/defacto	undergraduate degree	70
68	280	female	56	married/defacto	undergraduate degree	55
69	285	female	37	single	undergraduate degree	53
70	403	male	30	single	postgraduate degree	75
71	15	male	51	divorced	postgraduate degree	110
72	85	female	34	married/defacto	undergraduate degree	61

Case Summaries^a

	height	general health	physical fitness	current weight	do you smoke
55	.	8	7	7	no
56	.	8	5	9	no
57	153	6	6	6	no
58	160	9	6	8	no
59	180	5	5	5	yes
60	182	8	6	7	no
61	172	6	6	9	no
62	160	7	4	4	no
63	156	7	6	.	yes
64	155	8	8	4	no
65	158	very good	7	6	no
66	186	8	8	6	no
67	152	8	5	7	yes
68	153	8	8	9	no
69	168	8	7	4	no
70	170	8	7	6	no
71	180	5	5	7	no
72	167	8	8	6	no

Case Summaries^a

	cigs per day	how many alcoholic drinks per day	how many caffeine drinks per day	hours sleep/ week nights	hours sleep/ week ends
55	.	.00	2.00	6.0	8.0
56	.	.00	2.00	6.0	8.0
57	.	.00	4.00	8.0	8.0
58	.	1.00	4.00	7.5	9.0
59	3	2.00	4.00	6.0	7.0
60	.	2.00	5.00	6.0	7.0
61	.	.00	2.00	8.0	8.0
62	.	.00	3.00	6.0	.
63	3	.00	.00	8.0	9.0
64	.	.00	1.00	6.0	7.0
65	.	1.00	1.00	7.0	8.0
66	.	.00	5.00	7.0	8.0
67	20	2.00	3.00	8.0	8.0
68	.	.00	2.00	8.0	9.0
69	.	1.00	3.00	7.0	8.0
70	.	2.00	.00	7.0	8.0
71	.	.00	.	6.0	8.0
72	.	2.00	3.00	7.0	9.0

Case Summaries^a

	how many hours sleep needed	trouble falling asleep?	trouble staying asleep	waking during night	work night shift or rotating shifts
55	7.0	no	no	yes	no
56	8.0	no	no	no	no
57	8.0	no	yes	yes	no
58	9.0	no	no	yes	no
59	6.0	no	no	no	yes
60	6.5	no	no	yes	no
61	8.0	no	yes	yes	no
62	7.0	no	no	no	no
63	10.0	no	no	yes	no
64	7.0	no	no	no	no
65	7.0	no	yes	yes	no
66	8.0	no	no	yes	no
67	9.0	no	yes	yes	no
68	8.0	no	no	yes	no
69	8.0	no	no	yes	no
70	8.0	no	no	yes	no
71	6.5	no	no	yes	no
72	8.0	no	no	yes	no

Case Summaries^a

	light sleeper?	do you feel refreshed weekdays?	satisfied with sleep amount	quality of sleep	how stressed over last month?
55	yes	no	3	excellent	2
56	no	no	6	good	8
57	yes	yes	4	very good	7
58	no	yes	8	very good	7
59	no	yes	9	very good	8
60	no	yes	4	good	7
61	yes	no	5	fair	4
62	no	no	8	good	9
63	yes	no	8	good	8
64	no	yes	3	good	4
65	no	yes	5	fair	4
66	no	yes	4	good	8
67	no	no	6	good	3
68	no	yes	9	very good	3
69	yes	.	4	very good	8
70	yes	no	4	good	7
71	no	no	4	good	3
72	yes	no	6	fair	7

Case Summaries^a

	medication taken to help sleep?	problem with sleep?	mood	energy level	concent
55	no	no	.	.	.
56	no	no	.	.	.
57	no	no	.	.	.
58	no	no	.	.	.
59	no	no	.	.	.
60	no	no	5	4	7
61	no	no	.	.	.
62	no	no	.	.	.
63	no	no	8	8	9
64	no	no	.	.	.
65	no	no	.	.	.
66	no	no	.	.	.
67	yes	yes	7	5	7
68	no	no	.	.	.
69	no	no	.	.	.
70	no	no	.	.	.
71	no	no	.	.	.
72	no	no	.	.	.

Case Summaries^a

	memory	life sat	overall well-being	relationships	stop breathing
55	no
56	no
57	no
58	no
59	no
60	6	6	6	5	no
61	no
62	no
63	6	3	5	2	no
64	no
65	no
66	no
67	7	2	5	5	no
68	no
69	no
70	no
71	yes
72	no

Case Summaries^a

	restless sleeper	asleep while driving	drive, result in acc due to sleepy	epworth sleepiness scale	HADS Anxiety
55	no	no	no	15	6
56	no	no	no	14	10
57	no	no	no	14	8
58	yes	no	no	14	6
59	no	no	no	12	2
60	no	no	no	12	3
61	yes	no	no	12	6
62	no	no	no	11	8
63	no	no	no	11	4
64	yes	.	.	11	9
65	yes	no	no	10	5
66	no	no	no	10	4
67	no	yes	no	10	6
68	no	no	no	10	7
69	no	no	no	10	8
70	yes	.	.	10	4
71	no	yes	yes	9	0
72	yes	.	.	9	6

Case Summaries^a

	HADS Depression	fatigued	lethargic	tired	sleepy	lack energy
55	5	8	9	9	9	8
56	9	6	5	6	7	7
57	0	5	6	6	6	4
58	5	7	7	7	8	8
59	5	2	2	2	2	3
60	3	.	4	7	5	5
61	4	8	8	7	7	7
62	4	4	1	7	7	8
63	2	8	8	9	9	8
64	4	6	4	6	5	3
65	1	3	3	4	6	3
66	2	3	3	3	3	3
67	4	6	6	6	6	6
68	5	5	3	4	4	4
69	3	2	6	7	4	7
70	0	2	2	5	4	4
71	2	2	2	3	3	3
72	1	2	1	7	8	7

Case Summaries^a

	prob stay asleep rec	prob fall asleep rec	qual sleep rec	sleepy & assoc sensations scale	cigs per day gp3
55	no	no	very good, excellent	43	.
56	no	no	good	31	.
57	yes	no	very good, excellent	27	.
58	no	no	very good, excellent	37	.
59	no	no	very good, excellent	11	<= 5
60	no	no	good	.	.
61	yes	no	fair	37	.
62	no	no	good	27	.
63	no	no	good	42	<= 5
64	no	no	good	24	.
65	yes	no	fair	19	.
66	no	no	good	15	.
67	yes	no	good	30	16+
68	no	no	very good, excellent	20	.
69	no	no	very good, excellent	26	.
70	no	no	good	17	.
71	no	no	good	13	.
72	no	no	fair	25	.

Case Summaries^a

	agegp3	prob sleep recode 01	fall asleep while driving
55	38 - 50	no	no
56	38 - 50	no	no
57	38 - 50	no	no
58	38 - 50	no	no
59	<= 37	no	no
60	51+	no	no
61	51+	no	no
62	38 - 50	no	no
63	<= 37	no	no
64	<= 37	no	.
65	51+	no	no
66	51+	no	no
67	.	yes	yes
68	51+	no	no
69	<= 37	no	no
70	<= 37	no	.
71	51+	no	yes
72	<= 37	no	.

Case Summaries^a

	Identification Number	sex	age	marital status	highest education level achieved	weight
73	204	male	66	widowed	postgraduate degree	82
74	212	female	45	married/defact o	postgraduate degree	67
75	404	female	57	divorced	postgraduate degree	.
76	507	male	54	married/defact o	postgraduate degree	84
77	538	female	45	single	undergraduat e degree	65
78	17	female	42	married/defact o	postgraduate degree	50
79	48	female	38	divorced	undergraduat e degree	47
80	97	male	36	married/defact o	postgraduate degree	88
81	270	female	38	single	undergraduat e degree	48
82	272	male	.	married/defact o	postgraduate degree	75
83	281	female	32	married/defact o	trade training/ post secondary training	53
84	508	male	63	married/defact o	postgraduate degree	75
85	202	male	54	married/defact o	postgraduate degree	85
86	268	male	28	single	postgraduate degree	67
87	278	female	34	single	postgraduate degree	60
88	293	female	58	married/defact o	postgraduate degree	76
89	301	female	55	divorced	postgraduate degree	76
90	414	male	68	married/defact o	postgraduate degree	75

Case Summaries^a

	height	general health	physical fitness	current weight	do you smoke
73	180	very good	.	.	no
74	170	very good	8	8	no
75	163	5	5	7	yes
76	178	7	7	7	no
77	157	7	4	7	no
78	159	9	9	9	no
79	160	8	7	5	no
80	177	9	5	8	no
81	163	9	9	5	yes
82	183	9	8	6	no
83	157	8	5	7	no
84	.	very good	very good	5	no
85	183	8	8	6	no
86	173	9	5	2	.
87	168	9	6	6	no
88	165	9	3	8	no
89	165	9	7	very overweight	no
90	.	8	6	7	no

Case Summaries^a

	cigs per day	how many alcoholic drinks per day	how many caffeine drinks per day	hours sleep/ week nights	hours sleep/ week ends
73	.	.00	2.00	7.0	9.0
74	.	2.00	2.00	8.5	8.0
75	30	3.00	3.00	4.0	4.0
76	.	.50	4.00	7.0	8.0
77	.	.	5.00	6.5	8.0
78	.	.	.	8.0	8.0
79	.	.00	2.00	8.0	9.0
80	.	1.00	.00	7.0	7.0
81	5	.00	3.00	6.0	8.0
82	.	1.00	3.00	7.0	7.0
83	.	.00	3.00	8.0	7.0
84	.	2.00	4.00	7.0	7.0
85	.	4.00	6.00	9.0	9.0
86	.	.	.	6.0	8.0
87	.	1.00	3.00	8.0	8.0
88	.	1.00	6.00	8.0	8.0
89	.	1.00	5.00	6.0	6.0
90	.	1.00	5.00	7.0	7.0

Case Summaries^a

	how many hours sleep needed	trouble falling asleep?	trouble staying asleep	waking during night	work night shift or rotating shifts
73	9.0	no	no	yes	no
74	9.0	no	no	yes	no
75	4.0	no	no	yes	no
76	7.0	no	no	yes	no
77	8.0	no	no	no	no
78	8.0	no	no	yes	no
79	9.0	no	no	no	no
80	7.0	no	no	no	no
81	8.0	no	no	no	no
82	7.0	no	no	yes	no
83	8.0	no	no	yes	no
84	7.0	no	no	yes	.
85	9.0	no	no	yes	no
86	6.0	no	no	no	no
87	7.5	no	no	no	no
88	6.0	no	.	yes	no
89	7.0	no	yes	yes	no
90	6.0	no	no	yes	no

Case Summaries^a

	light sleeper?	do you feel refreshed weekdays?	satisfied with sleep amount	quality of sleep	how stressed over last month?
73	no	yes	8	good	2
74	no	yes	9	very good	2
75	yes	yes	9	very good	2
76	no	yes	9	very good	6
77	no	no	6	very good	7
78	yes	yes	8	good	9
79	no	no	8	good	5
80	no	yes	9	very good	7
81	no	no	6	very good	4
82	yes	yes	9	very good	2
83	yes	no	5	good	3
84	2
85	no	yes	7	good	4
86	no	yes	8	good	4
87	no	yes	9	very good	5
88	yes	yes	very satisfied	excellent	4
89	no	yes	8	very good	5
90	no	yes	very satisfied	very good	2

Case Summaries^a

	medication taken to help sleep?	problem with sleep?	mood	energy level	concent
73	no	no	.	.	.
74	no	no	.	.	.
75	no	no	.	.	.
76	no	no	.	.	.
77	no	no	.	.	.
78	no	no	.	.	.
79	no	no	.	.	.
80	no	no	.	.	.
81	no	no	.	.	.
82	no	no	.	.	.
83	no	no	.	.	.
84	no	no	.	.	.
85	no	no	.	.	.
86	no	no	.	.	.
87	no	no	.	.	.
88	no	no	.	.	.
89	no	no	.	.	.
90	no	no	.	.	.

Case Summaries^a

	memory	life sat	overall well-being	relationships	stop breathing
73	yes
74	no
75	no
76	no
77	no
78	no
79	no
80	no
81	no
82	yes
83	no
84	no
85	no
86	no
87	no
88	no
89	no
90	no

Case Summaries^a

	restless sleeper	asleep while driving	drive, result in acc due to sleepy	epworth sleepiness scale	HADS Anxiety
73	no	no	no	9	1
74	no	no	no	9	6
75	no	.	.	9	5
76	no	no	no	9	8
77	yes	no	no	9	6
78	no	.	.	8	3
79	no	no	no	8	3
80	no	yes	no	8	2
81	no	no	no	8	7
82	no	no	no	8	4
83	yes	no	.	8	7
84	no	no	no	8	2
85	no	no	no	7	8
86	no	.	.	7	4
87	no	no	no	7	3
88	no	no	no	7	5
89	no	no	no	7	4
90	no	no	no	7	2

Case Summaries^a

	HADS Depression	fatigued	lethargic	tired	sleepy	lack energy
73	1	3	2	3	3	4
74	0	3	2	5	4	2
75	1	3	9	3	3	3
76	10	3	4	3	3	4
77	7	8	7	8	8	7
78	1	5	.	3	8	8
79	4	2	1	3	3	4
80	3	2	3	2	3	4
81	0	3	3	6	7	4
82	2	3	3	3	3	3
83	5	4	4	6	4	6
84	1	2	2	.	.	.
85	2	4	4	2	3	3
86	1	3	1	3	4	7
87	1	2	3	3	3	3
88	0	1	1	2	3	1
89	0	7	2	7	7	3
90	0	2	3	2	2	2

Case Summaries^a

	prob stay asleep rec	prob fall asleep rec	qual sleep rec	sleepy & assoc sensations scale	cigs per day gp3
73	no	no	good	15	.
74	no	no	very good, excellent	16	.
75	no	no	very good, excellent	21	16+
76	no	no	very good, excellent	17	.
77	no	no	very good, excellent	38	.
78	no	no	good	.	.
79	no	no	good	13	.
80	no	no	very good, excellent	14	.
81	no	no	very good, excellent	23	<= 5
82	no	no	very good, excellent	15	.
83	no	no	good	24	.
84	no	no	.	.	.
85	no	no	good	16	.
86	no	no	good	18	.
87	no	no	very good, excellent	14	.
88	.	no	very good, excellent	8	.
89	yes	no	very good, excellent	26	.
90	no	no	very good, excellent	11	.

Case Summaries^a

	agegp3	prob sleep recode 01	fall asleep while driving
73	51+	no	no
74	38 - 50	no	no
75	51+	no	.
76	51+	no	no
77	38 - 50	no	no
78	38 - 50	no	.
79	38 - 50	no	no
80	<= 37	no	yes
81	38 - 50	no	no
82	.	no	no
83	<= 37	no	no
84	51+	no	no
85	51+	no	no
86	<= 37	no	.
87	<= 37	no	no
88	51+	no	no
89	51+	no	no
90	51+	no	no

Case Summaries^a

		Identification Number	sex	age	marital status	highest education level achieved	weight
91		534	male	59	married/defacto	undergraduate degree	77
92		1	male	66	married/defacto	postgraduate degree	78
93		5	male	36	single	undergraduate degree	67
94		10	male	49	married/defacto	postgraduate degree	110
95		22	female	33	married/defacto	postgraduate degree	60
96		46	female	43	married/defacto	undergraduate degree	70
97		52	female	44	married/defacto	postgraduate degree	79
98		60	male	60	divorced	postgraduate degree	80
99		96	male	42	married/defacto	postgraduate degree	79
100		228	female	48	married/defacto	postgraduate degree	52
Total	N	100	100	84	100	99	92
	Mean	224.25	.46	43.63	1.93	4.26	70.52

Case Summaries^a

		height	general health	physical fitness	current weight	do you smoke
91		177	3	4	6	yes
92		170	8	7	7	no
93		165	very good	9	6	no
94		180	9	3	9	no
95		160	5	5	6	no
96		154	7	6	7	no
97		163	6	4	9	no
98		180	8	8	7	yes
99		179	9	9	6	no
100		162	very good	7	6	yes
Total	N	92	99	98	95	99
	Mean	169.77	8.01	6.70	6.29	1.84

Case Summaries^a

		cigs per day	how many alcoholic drinks per day	how many caffeine drinks per day	hours sleep/ week nights	hours sleep/ week ends
91		30	.00	8.00	9.0	9.0
92		.	1.00	2.00	7.0	8.0
93		.	.00	.00	7.0	9.0
94		.	.00	2.00	7.0	8.0
95		.	.	2.00	6.0	7.0
96		.	1.00	3.00	7.0	7.0
97		.	.00	4.00	5.0	9.0
98		20	1.00	3.00	8.0	8.0
99		.	.00	3.00	7.0	7.0
100		5	.00	3.00	7.0	9.0
Total	N	16	94	97	99	98
	Mean	11.69	.9388	3.2474	6.955	7.740

Case Summaries^a

		how many hours sleep needed	trouble falling asleep?	trouble staying asleep	waking during night	work night shift or rotating shifts
91		8.0	no	no	yes	no
92		8.0	no	yes	yes	no
93		7.0	no	no	no	no
94		7.0	no	no	yes	no
95		9.0	no	no	no	no
96		8.0	no	no	yes	no
97		7.0	no	no	no	no
98		8.0	no	no	no	no
99		7.5	no	no	yes	no
100		7.0	no	no	no	no
Total	N	99	99	97	100	98
	Mean	7.561	1.48	1.67	1.24	1.96

Case Summaries^a

		light sleeper?	do you feel refreshed weekdays?	satisfied with sleep amount	quality of sleep	how stressed over last month?
91		no	yes	9	excellent	3
92		no	no	7	very good	7
93		no	yes	9	very good	6
94		no	yes	9	excellent	2
95		no	no	2	fair	2
96		no	no	8	good	7
97		no	no	4	good	8
98		no	yes	3	good	2
99		yes	yes	8	very good	6
100		no	yes	8	good	3
Total	N	97	96	98	98	100
	Mean	1.61	1.48	6.15	4.13	5.31

Case Summaries^a

		medication taken to help sleep?	problem with sleep?	mood	energy level	concent
91		no	no	.	.	.
92		no	no	.	.	.
93		no	no	.	.	.
94		no	no	.	.	.
95		no	no	.	.	.
96		no	no	.	.	.
97		no	no	.	.	.
98		no	no	.	.	.
99		no	no	.	.	.
100		no	no	.	.	.
Total	N	100	98	18	17	17
	Mean	1.96	1.90	5.72	5.47	5.41

Case Summaries^a

		memory	life sat	overall well-being	relationships	stop breathing
91		yes
92		yes
93		no
94		no
95		no
96		no
97		no
98		yes
99		no
100		no
Total	N	17	17	17	18	99
	Mean	4.47	4.82	5.18	4.72	1.90

Case Summaries^a

		restless sleeper	asleep while driving	drive, result in acc due to sleepy	epworth sleepiness scale	HADS Anxiety
91		no	no	no	7	6
92		no	no	no	6	5
93		no	no	yes	6	1
94		no	.	.	6	0
95		no	.	.	6	9
96		no	no	no	6	3
97		no	no	no	6	6
98		no	no	no	6	7
99		no	no	no	6	4
100		no	no	no	6	6
Total	N	100	88	88	95	99
	Mean	1.71	1.90	1.92	7.67	5.78

Case Summaries^a

		HADS Depression	fatigued	lethargic	tired	sleepy	lack energy
91		2	3	2	2	2	2
92		1	3	3	3	5	4
93		3	5	6	3	7	3
94		2	2	2	2	3	1
95		2	4	5	5	5	5
96		3	6	7	6	7	6
97		7	7	7	8	8	10
98		4	3	3	3	3	3
99		1	3	3	3	5	3
100		1	2	2	2	4	4
Total	N	99	97	99	99	98	98
	Mean	3.15	4.26	4.26	4.76	5.20	4.91

Case Summaries^a

		prob stay asleep rec	prob fall asleep rec	qual sleep rec	sleepy & assoc sensations scale	cigs per day gp3
91		no	no	very good, excellent	11	16+
92		yes	no	very good, excellent	18	.
93		no	no	very good, excellent	24	.
94		no	no	very good, excellent	10	.
95		no	no	fair	24	.
96		no	no	good	32	.
97		no	no	good	40	.
98		no	no	good	15	16+
99		no	no	very good, excellent	17	.
100		no	no	good	14	<= 5
Total	N	97	99	98	94	16
	Mean	.33	.52	3.08	23.14	1.87

Case Summaries^a

		agegp3	prob sleep recode 01	fall asleep while driving
91		51+	no	no
92		51+	no	no
93		<= 37	no	no
94		38 - 50	no	.
95		<= 37	no	.
96		38 - 50	no	no
97		38 - 50	no	no
98		51+	no	no
99		38 - 50	no	no
100		38 - 50	no	no
Total	N	84	98	88
	Mean	1.93	.10	.10

a. Limited to first 100 cases.

FREQUENCIES VARIABLES=sex age marital edlevel healthrate
/ORDER=ANALYSIS.

Frequencies

Notes

Output Created		22-MAR-2024 16:14:36
Comments		
Input	Data	C:\Users\r10625016\Downloads\sleep.sav
	Active Dataset	DataSet1
	Filter	<none>
	Weight	<none>
	Split File	<none>
	N of Rows in Working Data File	271
Missing Value Handling	Definition of Missing	User-defined missing values are treated as missing.
	Cases Used	Statistics are based on all cases with valid data.
Syntax		FREQUENCIES VARIABLES=sex age marital edlevel healthrate /ORDER=ANALYSIS.
Resources	Processor Time	00:00:00.00
	Elapsed Time	00:00:00.01

Statistics

		sex	age	marital status	highest education level achieved	general health
N	Valid	271	248	271	269	267
	Missing	0	23	0	2	4

Frequency Table

		sex			
		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	female	150	55.4	55.4	55.4
	male	121	44.6	44.6	100.0
	Total	271	100.0	100.0	

a g e					
		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	18	1	.4	.4	.4
	19	3	1.1	1.2	1.6
	21	2	.7	.8	2.4
	22	3	1.1	1.2	3.6
	23	4	1.5	1.6	5.2
	24	3	1.1	1.2	6.5
	25	4	1.5	1.6	8.1
	26	6	2.2	2.4	10.5
	27	5	1.8	2.0	12.5
	28	3	1.1	1.2	13.7
	29	5	1.8	2.0	15.7
	30	5	1.8	2.0	17.7
	31	4	1.5	1.6	19.4
	32	6	2.2	2.4	21.8
	33	4	1.5	1.6	23.4
	34	5	1.8	2.0	25.4
	35	10	3.7	4.0	29.4
	36	6	2.2	2.4	31.9
	37	4	1.5	1.6	33.5
	38	3	1.1	1.2	34.7
	39	4	1.5	1.6	36.3
	40	6	2.2	2.4	38.7
	41	9	3.3	3.6	42.3
	42	8	3.0	3.2	45.6
	43	8	3.0	3.2	48.8
	44	7	2.6	2.8	51.6
	45	4	1.5	1.6	53.2
	46	6	2.2	2.4	55.6
	47	10	3.7	4.0	59.7
	48	10	3.7	4.0	63.7
	49	5	1.8	2.0	65.7
	50	6	2.2	2.4	68.1
	51	4	1.5	1.6	69.8
	52	7	2.6	2.8	72.6

age

		Frequency	Percent	Valid Percent	Cumulative Percent
	53	5	1.8	2.0	74.6
	54	7	2.6	2.8	77.4
	55	5	1.8	2.0	79.4
	56	5	1.8	2.0	81.5
	57	7	2.6	2.8	84.3
	58	7	2.6	2.8	87.1
	59	8	3.0	3.2	90.3
	60	4	1.5	1.6	91.9
	62	4	1.5	1.6	93.5
	63	3	1.1	1.2	94.8
	65	1	.4	.4	95.2
	66	5	1.8	2.0	97.2
	67	1	.4	.4	97.6
	68	1	.4	.4	98.0
	69	2	.7	.8	98.8
	70	1	.4	.4	99.2
	71	1	.4	.4	99.6
	84	1	.4	.4	100.0
	Total	248	91.5	100.0	
Missing	System	23	8.5		
Total		271	100.0		

marital status

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	single	54	19.9	19.9	19.9
	married/defacto	188	69.4	69.4	89.3
	divorced	21	7.7	7.7	97.0
	widowed	8	3.0	3.0	100.0
	Total	271	100.0	100.0	

highest education level achieved

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	primary school	3	1.1	1.1	1.1
	secondary school	33	12.2	12.3	13.4
	trade training/ post secondary training	30	11.1	11.2	24.5
	undergraduate degree	71	26.2	26.4	50.9
	postgraduate degree	132	48.7	49.1	100.0
	Total	269	99.3	100.0	
Missing	System	2	.7		
Total		271	100.0		

general health

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	3	5	1.8	1.9	1.9
	4	5	1.8	1.9	3.7
	5	18	6.6	6.7	10.5
	6	22	8.1	8.2	18.7
	7	35	12.9	13.1	31.8
	8	90	33.2	33.7	65.5
	9	61	22.5	22.8	88.4
	very good	31	11.4	11.6	100.0
	Total	267	98.5	100.0	
Missing	System	4	1.5		
Total		271	100.0		

```
RECODE healthrate (1 thru 4=1) (5 thru 7=2) (8 thru 10=3) INTO health_level.
EXECUTE.
DATASET ACTIVATE DataSet1.
```

```
SAVE OUTFILE='C:\Users\r10625016\Downloads\sleep.sav'
/COMPRESSED.
USE ALL.
COMPUTE filter_$=( health_level = 1).
VARIABLE LABELS filter_$ ' health_level = 1 (FILTER)'.

```

```
VALUE LABELS filter_$ 0 'Not Selected' 1 'Selected'.
```

```
FORMATS filter_$ (f1.0).
```

```
FILTER BY filter_$.
```

```
EXECUTE.
```

```
GET
```

```
FILE='C:\Users\r10625016\Downloads\sleep.sav'.
```

```
>Warning # 67. Command name: GET FILE
```

```
>The document is already in use by another user or process. If you make  
>changes to the document they may overwrite changes made by others or your  
>changes may be overwritten by others.
```

```
>File opened C:\Users\r10625016\Downloads\sleep.sav
```

```
DATASET NAME DataSet2 WINDOW=FRONT.
```

```
DATASET ACTIVATE DataSet1.
```

```
DATASET CLOSE DataSet2.
```

```
DESCRIPTIVES VARIABLES=weight height tired sleepy energy anxiety depress  
/STATISTICS=MEAN STDDEV.
```

Descriptives

Notes

Output Created		22-MAR-2024 16:39:36
Comments		
Input	Data	C:\Users\r10625016\Downloads\sleep.sav
	Active Dataset	DataSet1
	Filter	health_level = 1 (FILTER)
	Weight	<none>
	Split File	<none>
	N of Rows in Working Data File	10
Missing Value Handling	Definition of Missing	User defined missing values are treated as missing.
	Cases Used	All non-missing data are used.

Notes

Syntax		DESCRIPTIVES VARIABLES=weight height tired sleepy energy anxiety depress /STATISTICS=MEAN STDDEV.
Resources	Processor Time	00:00:00.00
	Elapsed Time	00:00:00.01

Descriptive Statistics

	N	Mean	Std. Deviation
weight	10	79.60	9.559
height	10	175.50	7.546
tired	10	5.10	2.923
sleepy	10	4.60	2.836
lack energy	10	6.30	2.751
HADS Anxiety	10	8.40	5.254
HADS Depression	10	5.20	3.259
Valid N (listwise)	10		

Notes

Output Created		22-MAR-2024 16:43:16
Comments		
Input	Data	C:\Users\r10625016\Downloads\sleep.sav
	Active Dataset	DataSet1
	Filter	health_level = 1 (FILTER)
	Weight	<none>
	Split File	<none>
	N of Rows in Working Data File	10
Syntax		GRAPH /BAR(SIMPLE)=PCT BY health_level.
Resources	Processor Time	00:00:02.36
	Elapsed Time	00:00:02.31

Notes

Output Created		22-MAR-2024 16:44:34
Comments		
Input	Data	C:\Users\r10625016\Downloads\sleep.sav
	Active Dataset	DataSet1
	Filter	health_level = 1 (FILTER)
	Weight	<none>
	Split File	<none>
	N of Rows in Working Data File	10
Syntax		GRAPH /PIE=PCT BY health_level.
Resources	Processor Time	00:00:00.52
	Elapsed Time	00:00:00.67

DATASET ACTIVATE DataSet1.

SAVE OUTFILE='C:\Users\r10625016\Downloads\sleep.sav'
/COMPRESSED.

GRAPH
/BAR(SIMPLE)=PCT BY health_level.

Graph

Notes

Output Created		22-MAR-2024 16:51:09
Comments		
Input	Data	C:\Users\r10625016\Downloads\sleep.sav
	Active Dataset	DataSet1
	Filter	health_level = 1 (FILTER)
	Weight	<none>
	Split File	<none>
	N of Rows in Working Data File	10
Syntax		GRAPH /BAR(SIMPLE)=PCT BY health_level.
Resources	Processor Time	00:00:00.47
	Elapsed Time	00:00:00.41

FILTER OFF.
 USE ALL.
 EXECUTE.
 GRAPH
 /BAR(SIMPLE)=PCT BY health_level.

Graph

Notes

Output Created		22-MAR-2024 16:54:05
Comments		
Input	Data	C:\Users\r10625016\Downloads\sleep.sav
	Active Dataset	DataSet1
	Filter	<none>
	Weight	<none>
	Split File	<none>
	N of Rows in Working Data File	271
Syntax		GRAPH /BAR(SIMPLE)=PCT BY health_level.
Resources	Processor Time	00:00:00.36
	Elapsed Time	00:00:00.38

