

Effects of Reducing Visible Light on Sleep Quality

2024 Spring 241 Final Project

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Table 1: Regression Results of Sleep Score

	<i>Dependent variable:</i>		
	Base Model	Sleep Score Previous Sleep Info	Demographic Info
	(1)	(2)	(3)
(Intercept)	78.172*** (1.384)	55.321*** (7.496)	64.261*** (7.580)
Sunglasses Treatment	−0.361 (2.025)	−0.483 (1.907)	−0.502 (1.824)
Sleep Quality		6.316*** (1.556)	6.253*** (1.457)
Trouble Sleeping		−0.834 (1.322)	−1.768 (1.162)
Typical Total Sleep		0.548** (0.257)	0.856*** (0.265)
Age Group			−3.601*** (1.084)
Gender			3.330* (1.782)
Observations	172	172	172
R ²	0.0002	0.136	0.219
Adjusted R ²	−0.006	0.116	0.190
Residual Std. Error	13.267 (df = 170)	12.441 (df = 167)	11.904 (df = 165)
F Statistic	0.032 (df = 1; 170)	6.590*** (df = 4; 167)	7.699*** (df = 6; 165)

Note:

*p<0.1; **p<0.05; ***p<0.01
HC robust standard errors in parantheses.