



Figure 34 Association between nocturnal sleep parameters (TNST = Total Night Sleeping Time; NNSB = Number of Nocturnal Sleeping Bouts; DNSB = average Duration of Nocturnal Sleeping Bouts; Seff = Sleep efficiency; WASO = time aWake After the first Sleep Onset) and daytime physical activity measures (A: STEP = Steps performed; B: TIME VL = Time spent in Very Light activity, C: TIME L = Time spent in Light activity, D: TIME MV = Time spent in Moderate-to-Vigorous activity). Data are expressed as least-square means \pm standard error. Significance levels for pairwise comparisons are indicated as horizontal bars with * $=p<0.05$, ** $=p<0.01$, and *** $=p<0.001$. TIME VL, TIME L, TIME VM are presented in % of the out of bed time.

Daytime sleep was inversely related to the amount of nocturnal sleep, the duration of sleeping bouts and the sleep efficiency (Figure 35). Patients who showed relatively short sleep duration during the night, who had short sleeping bouts and low sleep efficiency reported more daytime sleep.

5.4 Results