

Table 2. Reported sleep characteristics by the employees of the Greek National Railway Organisation who participated in the study in Phase I (2005) and in Phase II (2010). For comparisons, the Student's t-test and Mann-Whitney test (for comparison of the 8 questions of the ESS) were applied for continuous variables and chi-square test for categorical variables.

Characteristic	Phase I (N=226)	Phase II (N=224)	p value
Night time sleep duration (hours)	7.1 ± 1.4	5.7 ± 1.6	<0.001
Epworth Sleepiness Scale (total score)	5.4±3.2	6.7 ± 4.2	<0.001
Question 1 of ESS (How likely will you fall asleep while sitting and reading?) (Range 0-3)	0.39 ± 0.64	0.70 ± 0.93	0.002
Question 2 of ESS (How likely will you fall asleep while watching TV?) (Range 0-3)	1.18 ± 0.93	1.60 ± 1.12	<0.001
Question 3 of ESS (How likely will you fall asleep while sitting inactive in a public place?) (Range 0-3)	0.19 ± 0.51	0.37 ± 0.72	0.002
Question 4 of ESS (How likely will you fall asleep as a passenger for 1 hour?) (Range 0-3)	0.17 ± 0.46	0.32 ± 0.69	0.026
Question 5 of ESS (How likely will you fall asleep while lying down to rest in the afternoon?) (Range 0-3)	2.14 ± 0.95	1.97 ± 1.01	0.081
Question 6 of ESS (How likely will you fall asleep sitting and talking to someone?) (Range 0-3)	0.06 ± 0.23	0.10 ± 0.412	0.638
Question 7 of ESS (How likely will you fall asleep sitting quiet after lunch, without alcohol?) (Range 0-3)	1.17 ± 1.1	1.5 ± 1.14	0.002
Question 8 of ESS (How likely will you fall asleep in a car, stopped for a few minutes in the traffic?) (Range 0-3)	0.06 ± 0.25	0.14 ± 0.5	0.120
Self-perceived sleepiness (% participants)	7.1	18.3	<0.001
Self-perceived feeling of suffocation (% participants)	11.5	26.4	<0.001
Nightmares (% participants)	13.3	27.1	<0.001
Night-time sweating (% participants)	16.8	50.7	<0.001

ESS: Epworth Sleepiness Scale.