

Table 3: Insomnia in relation to demographic/ job features.

Nurses' Variables		N	Insomnia score Mean \pm SD	p
Gender	Women	163	10.30 \pm 5.66	NS**
	Men	11	10.00 \pm 7.73	
Age	≤ 34	73	10.73 \pm 5.06	NS*
	> 34	101	9.96 \pm 6.26	
Children	Yes	116	10.08 \pm 5.59	NS*
	No	58	10.68 \pm 6.18	
Nursing postgraduate education	Yes	25	11.04 \pm 6.97	NS**
	No	149	10.16 \pm 5.57	
Median value of night shifts per month	≤ 4.5	92	8.76 \pm 5.65	$< 0.001^*$
	> 4.5	82	12.00 \pm 5.48	
Median value of weekend days work	≤ 3.0	106	9.37 \pm 5.84	$< 0.01^*$
	> 3.0	68	11.72 \pm 5.44	
Longevity in the current position	≤ 5 yrs	18	9.72 \pm 6.63	NS**
	> 5 yrs	156	10.41 \pm 5.60	
Department				
Internal medicine		47	9.65 \pm 4.43	
Pediatric		48	9.41 \pm 5.44	
Psychiatric		25	9.32 \pm 6.10	0.059***
Surgery		54	12.05 \pm 6.69	

*T-test, **Mann-Whitney-U test, ***ANOVA, SD: Standard deviation, NS: Non Significant