

**Table 3:** Scoring of the studied sample in the Pittsburgh Sleep Quality Index (total and subscales), the WHO-5 Well-Being Index, and the Perceived Stress Scale.

<b>Scale</b>	<b>mean <math>\pm</math> SD or n (%)</b>
<b>PSQI total score</b>	7.5 $\pm$ 3.7
<b>PSQI subscales</b>	
Quality	1.7 $\pm$ 0.9
Latency	1.3 $\pm$ 0.9
Duration	1.3 $\pm$ 0.8
Efficiency	0.9 $\pm$ 1.1
Disorder	1.4 $\pm$ 0.6
Medicine	0.3 $\pm$ 0.7
Dysfunctional	0.7 $\pm$ 0.8
<b>PSQI categorical</b>	
Good sleepers (PSQI $\leq$ 5)	17 (23 %)
Poor sleepers (PSQI $>$ 5)	42 (71 %)
<b>WHO-5 (0-25)</b>	14.7 $\pm$ 5.3
<b>PSS</b>	23.7 $\pm$ 2.7

n: number, SD: standard deviation, PSQI: Pittsburgh Sleep Quality Index, WHO-5: WHO-5 Well-Being Index, PSS: Perceived Stress Scale.