Table 7.

Multivariate Analysis of Predictors of Sleep Changes with Ordinal Logistic

Regression

	Sleep Changes
Variables	**Estimate (95% *CI*)**
Gender	
Male	-1.62 (-3.87, 0.63)
Female	-1.59 (-3.83, 0.65)
Other	Ref
Age (years)	0.00 (-0.01, 0.01)
Employment status	
Working (full time)	0.10 (-0.26, 0.46)
Working (part time)	0.46 (0.07, 0.85)
Not working at that moment	Ref
Educational background	
High school	-0.27 (-0.98, 0.43)
Some college/university	-0.37 (-1.03, 0.29)
Graduate college/university	-0.22 (-0.76, 0.32)
Master/postgraduate studies	-0.26 (-0.78, 0.26)
Doctoral studies	-0.26 (-0.82, 0.29)
Marital status	
Single	0.71 (-0.21, 1.63)
In a relationship/engaged	0.60 (-0.29, 1.49)

Married	0.53 (-0.35, 1.41)
Divorced	0.50 (-0.45, 1.46)
Living situation	
Live alone	-0.30 (-0.85, 0.25)
Live with my parents	-0.20 (-0.77, 0.39)
Live with one of my parents	-0.61 (-1.46, 0.24)
Live with my own family (partner and/or children)	-0.04 (-0.58, 0.51)
Live with friends/roommates	Ref
Having Children	
Yes	-0.43 (-0.70, -0.17)
No	Ref
Perceived Social Support	
Low	-0.03 (-0.32, 0.26)
Moderate	0.02 (-0.19, 0.24)
High	Ref
R square	2.6