

Table 2 Quantitative Demographic Data and Work patterns before COVID are presented for Sleep Quality and Awakening Quality for Worse, Equal and Better subgroups, in terms of Mean, Minimum and Maximum. ANOVA was used for intergroup comparison: Worse versus Equal, Worse versus Better, and Equal versus Better. Z and confidence levels are presented for each comparison whenever higher than .05

Demographics and work pre-Covid			Sleep Quality									Awakening Quality								
			N	Mean	Min.	Max.	Statistics		Worse	Worse	Equal	N	Mean	Min.	Max.	Statistics		Worse	Worse	Equal
							Z	Sig.								Equal	Better			
Demographics	Age	Worse	1956	44.5	19	87	155.442	.000	.000	.003	.000	1684	44.64	19	89	109.207	.000	.000	.000	.000
		Equal	1877	52.3	20	90						2048	51.38	19	90					
		Better	373	47.1	20	81						466	47.71	20	87					
		Total	4206	48.2	19	90						4198	48.27	19	90					
	BMI	Worse	1962	24.9	14.8	48.4	39.721	.000	.000	.031	.034	1686	25.0142	14.82	48.48	29.624	.000	.000	.000	.040
		Equal	1872	26.43	13.9	68.4						2050	26.2833	13.96	68.4					
		Better	375	25.71	15.3	46.6						466	25.6635	15.7	51.42					
		Total	4209	25.7	13.9	68.4						4202	25.7053	13.96	68.4					
	Weight difference	Worse	1941	0.11	-33	55	2.819	.006				1665	0.1474	-28	17	3.162	.042			.044
		Equal	1852	0.03	-17.2	22						2029	0.0017	-33	55					
		Better	373	0.49	-24	15						464	0.4284	-24	15					
		Total	4166	0.11	-33	55						4158	0.1076	-33	55					
Work Pre Covid	Stress	Worse	1933	2.89	0	5	65.354	.000	.000	.000	.000	1661	2.87	0	5	65.426	.000	.000	.000	.000
		Equal	1777	2.56	0	5						1952	2.59	0	5					
		Better	368	3.3	0	5						462	3.29	0	5					
		Total	4078	2.78	0	5						4075	2.79	0	5					
	Interruptions	Worse	1917	2.32	0	5	29.805	.000	.000	.032	.000	1647	2.34	0	5	33.339	.000	.000		.000
		Equal	1755	2.05	0	5						1926	2.05	0	5					
		Better	362	2.51	0	5						457	2.49	0	5					
		Total	4034	2.22	0	5						4030	2.22	0	5					
	Multitasking	Worse	1930	3.11	0	5	51.114	.000	.000	.000	.000	1659	3.11	0	5	47.112	.000	.000	.000	.000
		Equal	1772	2.77	0	5						1946	2.8	0	5					
		Better	368	3.48	0	5						462	3.43	0	5					

Conflicts	Total	4070	3	0	5					4067	3	0	5				
	Worse	1913	2.22	0	5	50.259	.000	.000	.000	1640	2.23	0	5	50.871	.000	.000	.000
	Equal	1752	1.84	0	5					1931	1.86	0	5				
	Better	366	2.28	0	5					459	2.3	0	5				
Level of Responsibility	Total	4031	2.06	0	5					4030	2.06	0	5				
	Worse	1924	3.43	0	5	25.303	.000	.000	.000	1653	3.45	0	5	28.778	.000	.000	.000
	Equal	1766	3.16	0	5					1943	3.17	0	5				
	Better	367	3.62	0	5					461	3.61	0	5				
Work intellectually heavy	Total	4057	3.33	0	5					4057	3.33	0	5				
	Worse	1925	3.35	0	5	44.087	.000	.000	.000	1655	3.37	0	5	52.149	.000	.000	.000
	Equal	1766	2.95	0	5					1943	2.96	0	5				
	Better	367	3.38	0	5					460	3.45	0	5				
Work physically heavy	Total	4058	3.18	0	5					4058	3.18	0	5				
	Worse	1741	2.4	1	5	7.416	.001	.001		1502	2.41	1	5	7.498	.001	.001	.019
	Equal	1414	2.24	1	5					1575	2.26	1	5				
	Better	314	2.24	1	5					391	2.22	1	5				
	Total	3469	2.32	1	5					3468	2.32	1	5				