**Table 3: Comparison of sleeping problems and chronic illnesses**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Characteristics** |  | **Total** | **Sleeping problems** | | **P** |
|  |  |  | **Yes** | **No** |  |
|  |  | n=9,110 | n=4,394 | n=4,716 |  |
| **Health conditions - diagnosed or treated in last 3 years** |  | % | % | % |  |
| Hypertension | Yes | 35 | 38 | 32 |  |
|  | No | 65 | 62 | 68 | <0.001 |
| Osteoarthritis | Yes | 27 | 32 | 22 |  |
|  | No | 73 | 68 | 78 | <0.001 |
| Depression | Yes | 12 | 17 | 8 |  |
|  | No | 88 | 83 | 92 | <0.001 |
| Asthma | Yes | 12 | 15 | 10 |  |
|  | No | 88 | 85 | 90 | <0.001 |
| Other arthritis | Yes | 12 | 14 | 9 |  |
|  | No | 88 | 86 | 91 | <0.001 |
| Anxiety/nervous disorder | Yes | 10 | 14 | 7 |  |
| No | 90 | 86 | 93 | <0.001 |
| Diabetes | Yes | 9 | 11 | 7 |  |
| No | 91 | 89 | 93 | <0.001 |
| Osteoporosis | Yes | 9 | 10 | 8 |  |
|  | No | 91 | 90 | 92 | <0.001 |
| Bronchitis/emphysema | Yes | 8 | 10 | 7 |  |
|  | No | 92 | 90 | 93 | <0.001 |
| Iron deficiency/anemia | Yes | 8 | 10 | 7 |  |
| No | 92 | 90 | 93 | <0.001 |
| Cancer \* | Yes | 6 | 7 | 5 |  |
|  | No | 94 | 93 | 95 | 0.014 |
| Heart disease \*\* | Yes | 6 | 7 | 5 |  |
|  | No | 94 | 93 | 95 | <0.001 |
| Rheumatoid arthritis | Yes | 5 | 6 | 4 |  |
| No | 95 | 94 | 96 | <0.001 |
| CFS (chronic fatigue syndrome) | Yes | 1 | 2 | 1 |  |
| No | 99 | 98 | 99 | <0.001 |

\* Not including skin cancer

\*\* Including heart attack/angina