**Table 4: Health service use and self-care for sleeping problems**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Health service/self-care use |  | Odds ratio | 95% confidence interval | P-value |
| **GP consultations** | 0 | 1 |  |  |
|  | 1-2 | 1.20 | 1.08 – 1.35 | <0.001 |
|  | 3-6 | 1.48 | 1.31 - 1.67 |  |
|  | 7+ | 1.70 | 1.34 - 2.15 |  |
| **Herbal medicines** | No | 1 |  |  |
|  | Yes | 1.25 | 1.14 - 1.37 | <0.001 |