**Table 2: Comparison of sleeping problems and health service use and CAM self-care**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Characteristics** |  | **Total** | **Sleeping problems** | | ***P*** |
|  |  |  | **Yes** | **No** |  |
|  |  | n=9,110 | n=4,394 | n=4,716 |  |
| **Health services** |  | **%** | **%** | **%** |  |
| GP consultations | 7+ | 5 | 7 | 4 |  |
|  | 3-6 | 30 | 36 | 25 |  |
|  | 1-2 | 33 | 32 | 34 |  |
|  | 0 | 32 | 25 | 37 | <0.001 |
| Specialist visits | 7+ | 1 | 2 | 1 |  |
|  | 3-6 | 11 | 12 | 9 |  |
|  | 1-2 | 22 | 24 | 20 |  |
|  | 0 | 66 | 62 | 70 | <0.001 |
| Counselor/psychologist | yes | 7 | 9 | 5 |  |
|  | no | 93 | 91 | 95 | <0.001 |
| Dietician | yes | 7 | 7 | 6 |  |
|  | no | 93 | 93 | 94 | 0.022 |
|  |  |  |  |  |  |
| **CAM Practitioners** |  | **%** | **%** | **%** |  |
| Massage therapist | yes | 25 | 26 | 24 |  |
|  | no | 75 | 74 | 76 | 0.059 |
| Naturopath/herbalist | yes | 7 | 7 | 7 |  |
|  | no | 93 | 93 | 93 | 0.480 |
| Chiropractor | yes | 14 | 14 | 14 |  |
|  | no | 86 | 86 | 86 | 0.904 |
| Osteopath | yes | 4.5 | 5 | 4 |  |
|  | no | 95.5 | 95 | 96 | 0.017 |
| Acupuncturist | yes | 6 | 6 | 7 |  |
|  | no | 94 | 94 | 93 | 0.057 |
| **CAM Self-care** |  | **%** | **%** | **%** |  |
| Vitamins/minerals | yes | 82 | 83 | 80 |  |
|  | no | 18 | 17 | 20 | <0.001 |
| Yoga or meditation | yes | 27 | 27 | 27 |  |
|  | no | 73 | 73 | 73 | 0.977 |
| Herbal medicines | yes | 35 | 38 | 33 |  |
|  | no | 65 | 62 | 67 | <0.001 |
| Aromatherapy oils | yes | 23 | 25 | 22 |  |
|  | no | 77 | 75 | 78 | 0.013 |
| Chinese medicines | yes | 8 | 8 | 8 |  |
|  | no | 92 | 92 | 92 | 0.641 |