

Table 1. Demographic, sleep-wake, quality of life and mood indices (whole group and by room type)

	Score	Subscores	All rooms (mean ±SD)	Cases Light rooms (mean ±SD)	Controls Standard rooms (mean ±SD)	p value
Age (years)			59±15	54±20	63±9	0.36
Liver function	Pugh		11±1	10±3	11±1	0.70
	MELD		21±7	22±9	21±7	0.89
Night-time sleep quality	PSQI[§]		16.3±2.1	16±3	16.7±1.2	0.74
	STSQS[°]	Sleep Quality	6.3±2.5	7.5±2.9	5.7±2.3	0.35
		Bed time	22.5±1.1	22.7±0.9	22.4±1.2	0.68
		Sleep time	23±0.8	22.7±0.9	23.2±0.8	0.33
		Sleep latency (min)	79±145	30±35	107±178	0.42
		Awakenings (n)	4.1±3.4	6.9±4.4	2.6±1.4	0.04 *
		Wake up time	7.8±2	7.5±3.2	7.9±1	0.75
		Get up time	8.1±2	7.5±3.2	8.4±1.2	0.51
Daytime sleepiness	ESS^{°°}		8.3±3.2	9.3±2.1	7.6±3.9	0.51
Chronotype	HÖ[§]		54±10	60±7	48±9	0.16
Quality of life	CLDQ[§]		4.3±0.2	4.4±0.1	4.3±0.4	0.76
	SF-36^{°°}	Physical Functioning	37±22	53±10	27±21	0.09
		Role-Physical	0±0	0±0	0±0	-
		Bodily Pain	36±32	58±44	23±15	0.15
		General Health	34±23	36±30	33±22	0.89
		Vitality	38±22	40±31	37±19	0.87
		Social Functioning	56±35	58±38	55±38	0.9
		Role-Emotional	17±31	22±38	13±30	0.72
		Mental Health	52±22	53±24	50±24	0.87
		Physical Health Index	22±9	29±9	17±6	0.05
		Mental Health Index	39±13	38±16	40±13	0.81
Mood	BDI[†]		19.4±7.9	18±6.6	20.2±9.2	0.73

* p<0.05

[§] completed by 3 cases and 3 controls; [°] completed by 4 cases and 7 controls; ^{°°} completed by 3 cases and 5 controls;

Abbreviations: PSQI: Pittsburgh Sleep Quality Index; STSQS: Sleep Timing and Sleep Quality Sleep Questionnaire; ESS: Epworth Sleepiness Scale; HÖ: Horne-Östberg questionnaire; CLDQ: Chronic Liver Questionnaire; BDI: Beck Depression Inventory

Table 2. Sleep diaries and actigraphy indices(whole group and by room type)

		All rooms (mean ±SD)	Case room (mean ±SD)	Control rooms (mean ±SD)	p-value
Sleep diaries	Bedtime	22.3±0.6	22.6±0.7	22±0.5	0.30
	Try to sleep time	22.6±0.8	23.1±0.7	22.3±0.8	0.13
	Sleep onset time	23.7±2.2	23.5±0.4	23.9±2.8	0.81
	Wake up time	6.3±1.6	5.5±0.6	6.9±1.8	0.18
	Get up time	7.6±1.3	7.1±0.4	7.9±1.7	0.50
	Naps (n)	1.2±0.6	1±0.7	1.3±0.5	0.38
	Time to fall asleep (min)	67±138	24±19	92±172	0.46
	Awakenings (n)	3.4±1.8	3.5±2.5	3.4±1.5	0.94
	Sleep quality	6±2.3	5.9±2.4	6.1±2.5	0.89
	Sleep efficiency (%)	69±21	71±15	68±27	0.89
Actigraphy	Sleep onset	22.7±0.4	22.9±0.5	22.6±0.4	0.16
	Wake onset	5.2±0.2	5.1±0.2	5.2±0.1	0.28
	Sleep duration	7.5±0.5	7.2±0.6	7.7±0.4	0.13
	Sleep efficiency (%)	71±14	70±19	73±10	0.72
	Fragmentation Index	56±15	52±20	58±12	0.56