

Component	1-week		1-month		Paired	
	Post-hospitalization		Post-hospitalization			
	M	SD	M	SD		
Subjective sleep quality	2.05	0.95	1.38	0.96	5.52	< .001
Sleep latency	1.90	1.16	1.43	1.19	3.93	< .001
Sleep duration	1.74	1.27	1.14	1.14	5.55	< .001
Sleep efficiency	2.07	1.15	1.67	1.13	3.54	< .001
Sleep disturbance	1.44	0.56	1.18	0.42	4.25	< .001
Daytime dysfunction	2.36	0.90	1.64	0.90	6.23	< .001
Sleep medication use	0.92	1.36	0.66	1.11	2.37	.02
Global PSQI score	12.39	5.26	9.09	5.12	6.39	< .001

PSQI: Pittsburgh Sleep Quality Index; M: mean; SD: standard deviation.

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Wolfgang Guggemos

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