

Table 5 Preliminary results of sleep diary in adults patients (n = 19)

Sleep diary parameters	Mean $\pm$ SD or %	N
Bedtime (<i>hours</i>)	22:46 $\pm$ 3:50	19
Wake-up time (<i>hours</i>)	09:11 $\pm$ 3:32	19
Time in bed (<i>hours</i>)	09:27 $\pm$ 3:06	19
TST (<i>hours</i>)	06:41 $\pm$ 2:52	19
Sleep Onset Latency (<i>min</i>)	72.89 $\pm$ 63.26	18
Sleep efficiency (%)	69.63 $\pm$ 17.15	19
Number of WASO	0.74 $\pm$ 0.45	19
Mean duration of WASO (<i>min</i>)	77.14 $\pm$ 75.21	7
Number of naps	0.47 $\pm$ 0.51	19
Mean nap duration (<i>min</i>)	96.4 $\pm$ 67.71	5

Note: TST: Total Sleep Time; WASO: Wake After Sleep Onset