**Note for the raw data:**In the item of gender: “1” means male, “2” means female.

S1 represents the first item "Have trouble falling asleep?", S2 represents "Wake up several times per night?", S3 represents "Have trouble staying asleep (including waking far too early)?", S4 represents "Wake up after your usual amount of sleep feeling tired and worn out?", and Ssleep represents the total score for sleep disturbances. "0" = Not at all, "1" = 1-3 days, "2" = 4-7 days, "3" = 8-14 days, "4" = 15-21 days, "5" = 22-31 days.