

Table 5: Descriptive statistics of variables used in the regression models.

<b>Variable</b>	<b>Mean</b>	<b>Std. dev.</b>
Gender: female (yes/no)	0.55	0.50
Age (years)	37.0	10.6
Ethnicity: white (yes/no)	0.44	0.50
Ethnicity: Asian (yes/no)	0.34	0.47
Ethnicity: black (yes/no)	0.01	0.08
Bullying (yes/no)	0.03	0.16
Time pressure (yes/no)	0.14	0.35
Stress (yes/no)	0.10	0.30
Carer of child (yes/no)	0.28	0.45
Carer of ill family member or friend (yes/no)	0.09	0.29
Volunteering (yes/no)	0.31	0.46
Travel time (minutes)	45.3	34.3
Financial concerns (yes/no)	0.15	0.35
Physical health: good (yes/no)	0.72	0.45
BMI: underweight (yes/no)	0.04	0.20
BMI: overweight (yes/no)	0.03	0.17
BMI: obese (yes/no)	0.16	0.37
Smoking (yes/no)	0.10	0.30
Excessive alcohol consumption (yes/no)	0.16	0.36
High blood pressure (yes/no)	0.23	0.42
High cholesterol (yes/no)	0.04	0.19
High glucose (yes/no)	0.02	0.12
Mental health: good (yes/no)	0.68	0.47
Psychological distress (yes/no)	0.07	0.26
Sleep disturbance score	10.6	2.17
Poor sleep quality (yes/no)	0.47	0.50
Sleep problem (yes/no)	0.16	0.37
Difficulty falling asleep (yes/no)	0.12	0.33
Sleep was not refreshing (yes/no)	0.28	0.40
First uninterrupted sleep period (hours)	4.34	2.07
Less than 6 hours	0.37	0.48
More than 9 hours	0.01	0.08
Hours of sleep	6.77	1.06
Asthma (yes/no)	0.05	0.23
Cardiovascular disease (yes/no)	0.01	0.11
Cancer (yes/no)	0.00	0.07
Diabetes (yes/no)	0.02	0.14
Hypertension (yes/no)	0.06	0.23
Kidney disease (yes/no)	0.01	0.08
Severe Mental Illness (yes/no)	0.03	0.17
Work impairment %: absence + presenteeism	0.10	0.20
Work impairment %: absence	0.02	0.08
Work impairment %: presenteeism	0.08	0.17