

Table 2 Characteristics of study participants

| | Finnmark % | South-Eastern Norway % | <i>p</i> | Total % |
|--------------------------------------|------------|---------------------------|----------|---------|
| Sex | | | | |
| Male | 69.4 | 67.2 | 0.04 | 68.0 |
| Female | 30.6 | 32.8 | | 32.0 |
| Age groups | | | | |
| < 40 | 40.0 | 37.2 | 0.012 | 61.8 |
| ≥ 40 | 60.0 | 62.8 | | 38.2 |
| Time of day | | | | |
| Daytime (8:00 a.m. – 7:59 p.m.) | 63.8 | 61.8 | 0.061 | 62.5 |
| Nighttime (8:00 p.m. – 7:59 a.m.) | 36.2 | 38.2 | | 37.5 |
| Period of the week | | | | |
| Weekend | 29.6 | 36.1 | < 0.001 | 33.6 |
| Weekday | 70.4 | 63.9 | | 66.4 |
| BSSS-4 (average sum score) | | | | |
| Low (< 1) | 34.7 | 29.3 | < 0.001 | 31.3 |
| Medium (≥ 1 & ≤ 3) | 60.6 | 64.8 | | 63.2 |
| High (> 3) | 4.6 | 5.9 | | 5.4 |