

Table 2. Univariate analysis of factors linked to the elevation of PSQI-J score (n=182).

| Variables | Number of each category | Univariate <i>p</i> value |
|---|----------------------------|------------------------------|
| Age (years) ≥ 64 , yes / no | 98 / 84 | 0.0095 |
| Gender, male / female | 82 / 100 | 0.0292 |
| Cause of liver diseases, HCV / non-HCV | 155 / 27 | 0.0632 |
| Grip strength, high / low | 134 / 48 | <0.0001 |
| Skeletal muscle index, high / low | 118 / 64 | 0.1822 |
| Presence of cirrhosis, yes / no | 46 / 136 | 0.1597 |
| Presence of sleep disorder at baseline, yes / no | 83 / 99 | 0.8226 |
| AST ≥ 29.5 IU/l, yes / no | 91 / 91 | 0.6134 |
| ALT ≥ 27 IU/l, yes / no | 93 / 89 | 0.5078 |
| ALP ≥ 243.5 IU/l, yes / no | 91 / 91 | 0.7334 |
| GGT ≥ 26.5 IU/l, yes / no | 91 / 91 | 0.2278 |
| Serum albumin ≤ 4.2 g/dl, yes / no | 100 / 82 | 0.0887 |
| Total bilirubin ≥ 0.8 mg/dl, yes / no | 108 / 74 | 0.6928 |
| Prothrombin time (INR) ≥ 1.07 , yes / no | 93 / 89 | 0.4460 |
| Platelet count $\leq 15.9 \times 10^4/\text{mm}^3$, yes / no | 91 / 91 | 0.7827 |
| eGFR ≤ 82 ml/min/1.73m ² , yes / no | 93 / 89 | 0.4019 |
| Body mass index ≥ 22.7 kg/m ² , yes / no | 93 / 89 | 0.8695 |

PSQI-J; the Japanese version of Pittsburgh Sleep Quality Index, HCV; hepatitis C virus, AST; aspartate aminotransferase, ALT; alanine aminotransferase, ALP; alkaline phosphatase, GGT; gamma glutamyl transferase, eGFR; estimated glomerular filtration rate