

Table 3. Multivariate analysis of factors linked to the elevation of PSQI-J score.

| Variables                     | Multivariate analysis |                         |                |
|-------------------------------|-----------------------|-------------------------|----------------|
|                               | Hazard ratio          | 95% confidence interval | <i>p</i> value |
| Age $\geq 64$ years           | 1.561                 | 0.859-2.838             | 0.1443         |
| Low-GS                        | 2.984                 | 1.685-5.285             | 0.0002         |
| Gender (female)               | 1.041                 | 0.561-1.932             | 0.8990         |
| Serum albumin $\leq 4.2$ g/dl | 1.126                 | 0.625-2.029             | 0.6929         |
| HCV                           | 2.458                 | 0.868-6.959             | 0.0902         |

PSQI-J; the Japanese version of Pittsburgh Sleep Quality Index, GS; grip strength, HCV; hepatitis C virus