

Table 1) Average Scores Obtained from Evaluating ‘Experiment’ and ‘Control’ Groups in 7 Domains of Sleep Quality, Using PQSI Questionnaire and Paired-T Test, before and after Intervention

Stage	Control			Experiment		
	Average	P Value	t	Average	P Value	t
Mental Quality of Sleep						
Before	1.06±0.87	0.324	1	0.85±0.14	0.0001	5.122
After	1.14±0.84			0.58±0.10		
Delay in Falling Asleep						
Before	1.94±0.91	0.110	-1.642	2.20±0.87	0.0001	4.584
After	2.11±0.83			1.66±0.76		
Effective Sleep Duration						
Before	2.14±0.91	0.292	1.071	2.06±0.84	0.0001	5.925
After	2.03±0.86			1.27±0.62		
Sleep Efficiency						
Before	1.31±1.25	0.597	0.533	1.23±1.21	0.001	3.688
After	1.23±1.90			0.66±0.91		
Sleep Disorders						
Before	1.97±0.75	0.487	-0.702	2.40±0.60	0.0001	10.578
After	2.03±0.71			1.34±0.48		
Usage Level of Hypnotic Drugs						
Before	1.00±1.24	0.571	-0.572	1.54±1.36	0.015	5.452
After	1.09±1.07			0.40±0.55		
Morning Performance						
Before	1.66±0.91	0.230	-1.221	1.74±1.07	0.0001	5.925
After	1.80±0.99			0.97±0.62		