

Table 1) Absolute and Relative Frequencies of Patients with Spinal Injuries (n=100) based on the Demographic Characteristics (equal relative and absolute frequencies with n=100)

Item	Frequency	
Gender	Male	82
	Female	18
Age (Year)	Less than 20	2
	21-40	59
	41-60	31
	More than 60	8
Marital Status	Unmarried	12
	Married	88
Occupation (4 Unemployed Persons)	Veteran	64
	Self-employed	5
	Employee	11
	Retired	8
	Housekeeper	5
	Physician	3
Daily Work Time (Hour)	None	5
	1-4	39
	5-8	44
	9-12	12
Injury Level	Neck	9
	Chest	48
	Waistline	43
Hypnotic Medications Consumption	Yes	76
	No	24
Education Level	Illiterate	8
	Literate	7
	Primary School	5
	Guidance School	12
	High School	8
	Diploma	46
BMI (Kg/m²)	University	14
	Less than 19	3
	20-24.9	22
	25-29.9	42
	30-34.9	15
	35-39.9	14
Underlying Disease	More than 40	4
	Blood Pressure	48
	Diabetes	28
	Heart Problems	17
	Paroxysm	2
	Stroke	5
	Anxiety	87
	Others	35
None	28	
Neck Circumference (Cm)	Less than 40	48
	40 and More	52

Table 2) Statistical Mean Scores of Sleep Quality and Its Items in Patients with Spinal Injuries in Different Genders

	Mean of the Males (n=82)	Mean of the Females (n=18)	Total Mean
Mental Quality of Sleep			
	1.98±0.54	2.05±0.54	2.00±0.54
Sleep Delay			
	1.90±0.36	2.05±0.25	1.92±0.34
Sleep Length			
	1.68±0.22	1.27±0.22	1.60±0.22
Beneficial Sleep			
	1.92±0.44	1.83±0.27	1.90±0.41
Sleep Disorders			
	2.26±0.38	1.50±0.17	2.12±0.34
Consumption of Hypnotic Medications			
	1.81±0.34	1.38±0.23	1.73±0.32
Daily Activities Disorders			
	0.63±0.18	0.66±0.18	0.63±0.18
Total Score of Sleep Quality			
	12.18±2.46	10.70±1.89	11.90±2.35