**Attachment 1: Distribution of sleep quality based on PSQI’s components**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **No.** | **Component** | **Number of respondents** | | | |
| **Non-preeclampsia** | | **Preeclampsia** | |
| **n** | **%** | **n** | **%** |
| 1. | Subjective Sleep Quality | | | | |
| Very good | 8 | 53,3 | 2 | 13,3 |
| Good | 6 | 40,0 | 7 | 46,7 |
| Bad | 0 | 0,0 | 4 | 26,7 |
| Very Bad | 1 | 6,7 | 2 | 13,3 |
| Total | 15 | 100,0 | 15 | 100,0 |
| 2. | Sleep Latency | | | | |
| Very good | 9 | 60,0 | 2 | 13,3 |
| Good | 1 | 6,7 | 2 | 13,3 |
| Bad | 3 | 20,0 | 6 | 40,0 |
| Very Bad | 2 | 13,3 | 5 | 33,3 |
| Total | 15 | 100,0 | 15 | 100,0 |
| 3. | Sleep Duration (hours) | | | | |
| Very short ( <5) | 9 | 60,0 | 9 | 60,0 |
| Short (5 - 6) | 5 | 33,3 | 3 | 20,0 |
| Enough (6 - 7) | 1 | 6,7 | 3 | 20,0 |
| Long ( > 7) | 0 | 0,0 | 0 | 0,0 |
| Total | 15 | 100,0 | 15 | 100,0 |
| 4. | Sleep Efficiency | | | | |
| Very low (< 65%) | 14 | 93,3 | 12 | 80,0 |
| Low (65% - 74%) | 1 | 6,7 | 3 | 20,0 |
| Enough (75% - 84%) | 0 | 0,0 | 0 | 0,0 |
| High ( > 85%) | 0 | 0,0 | 0 | 0,0 |
| Total | 15 | 100,0 | 15 | 100,0 |
| 5. | Sleep Disturbance | | | | |
| Never | 1 | 6,7 | 0 | 0,0 |
| Once a week | 11 | 73,3 | 6 | 40,0 |
| Twice a week | 3 | 20,0 | 9 | 60,0 |
| Three times or more | 0 | 0,0 | 0 | 0,0 |
| Total | 15 | 100,0 | 15 | 100,0 |
| 6. | The Use of Sleep Pills | | | | |
| Never | 15 | 100,0 | 14 | 93,3 |
| Once a week | 0 | 0,0 | 1 | 6,7 |
| Twice a week | 0 | 0,0 | 0 | 0,0 |
| Three times or more | 0 | 0,0 | 0 | 0,0 |
| Total | 15 | 100,0 | 15 | 100,0 |
| 7. | *Daytime Disfunction* | | | | |
| Never | 7 | 46,7 | 5 | 33,3 |
| Once a week | 5 | 33,3 | 4 | 26,7 |
| Twice a week | 3 | 20,0 | 4 | 26,7 |
| Three times or more | 0 | 0,0 | 2 | 13,3 |
| Total | 15 | 100,0 | 15 | 100,0 |

*Source: Primary Data of the Study*

**Attachment 2: Sleep disturbance frequency**

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **No.** | **Various of Sleep Disorders** | **Frequency** | | | | | | | | | | | | | | | | **Total** | | | |
| **Never** | | | | **Once a week** | | | | **Twice a week** | | | | **Three times or more** | | | |
| **Non-pe** | | **Pe** | | **Non-Pe** | | **Pe** | | **Non-Pe** | | **Pe** | | **Non-Pe** | | **Pe** | | **Non-Pe** | | **Pe** | |
| n | % | n | % | n | % | n | % | n | % | n | % | n | % | n | % | n | % | n | % |
| 1. | Can’t sleep in 30 minutes | 9 | 60,0 | 2 | 13,3 | 1 | 6,7 | 2 | 13,3 | 0 | 0,0 | 2 | 13,3 | 5 | 33,3 | 9 | 60,0 | 15 | 100 | 15 | 100 |
| 2. | Wake up in the middle of night | 1 | 6,7 | 1 | 6,7 | 6 | 40,0 | 2 | 13,3 | 3 | 20,0 | 5 | 33,3 | 5 | 33,3 | 7 | 46,7 | 15 | 100 | 15 | 100 |
| 3. | Wake up to the bathroom | 2 | 13,3 | 0 | 0,0 | 2 | 13,3 | 3 | 20,0 | 7 | 46,7 | 3 | 20,0 | 4 | 26,7 | 9 | 60,0 | 15 | 100 | 15 | 100 |
| 4. | Can’t breathing comfortably | 13 | 86,7 | 5 | 33,3 | 1 | 6,7 | 7 | 46,7 | 1 | 6,7 | 1 | 6,7 | 0 | 0,0 | 2 | 13,3 | 15 | 100 | 15 | 100 |
| 5. | Cough or snoring | 7 | 46,7 | 4 | 26,7 | 1 | 6,7 | 6 | 40,0 | 3 | 20,0 | 3 | 20,0 | 4 | 26,7 | 2 | 13,3 | 15 | 100 | 15 | 100 |
| 6. | Feeling cold | 10 | 66,7 | 6 | 40,0 | 3 | 20,0 | 2 | 13,3 | 0 | 0,0 | 4 | 26,7 | 2 | 13,3 | 3 | 20,0 | 15 | 100 | 15 | 100 |
| 7. | Feeling hot | 12 | 80,0 | 8 | 53,3 | 0 | 0,0 | 0 | 0,0 | 0 | 0,0 | 4 | 26,7 | 3 | 20,0 | 3 | 20,0 | 15 | 100 | 15 | 100 |
| 8. | Bad dreams | 7 | 46,7 | 7 | 46,7 | 7 | 46,7 | 4 | 26,7 | 1 | 6,7 | 4 | 26,7 | 0 | 0,0 | 0 | 0,0 | 15 | 100 | 15 | 100 |
| 9. | Hurt | 14 | 93,3 | 5 | 33,3 | 0 | 0,0 | 4 | 26,7 | 0 | 0,0 | 4 | 26,7 | 1 | 6,7 | 2 | 13,3 | 15 | 100 | 15 | 100 |
| 10. | Other reasons | 13 | 86,7 | 14 | 93,3 | 0 | 0,0 | 0 | 0,0 | 1 | 6,7 | 0 | 0,0 | 1 | 6,7 | 1 | 6,7 | 15 | 100 | 15 | 100 |
| 11. | Drowsiness during activity | 10 | 66,7 | 7 | 46,7 | 2 | 13,3 | 2 | 13,3 | 2 | 13,3 | 5 | 33,3 | 1 | 6,7 | 1 | 6,7 | 15 | 100 | 15 | 100 |
| 12. | Hard to keep the enthusiasm in doing something | 9 | 60,0 | 4 | 26,7 | 5 | 33,3 | 6 | 40,0 | 1 | 6,7 | 4 | 26,7 | 0 | 0,0 | 1 | 6,7 | 15 | 100 | 15 | 100 |

*Source: Primary Data of the Study*