

Table SV. Illustration of the results of the Pittsburgh Sleep Quality Index ("time to go to bed", "time to fall asleep", "time to get up", "sleep duration")

| Item | Sleepers (n = 21) | | Non-sleepers (n = 67) | | p ^{*a,e} | p ^{*b,e} | p ^{*c,f} | p ^{*d,f} |
|---------------------|-------------------------------------|-------------------------------------|-------------------------------------|-------------------------------------|-------------------|-------------------|-------------------|-------------------|
| | Day 1 Mean ± SD | Day 28 Mean ± SD | Day 1 Mean ± SD | Day 28 Mean ± SD | | | | |
| Time to go to bed | 22.48 h ± 38 min (n = 21) | 22.45 h ± 36 min (n = 21) | 22.46 h ± 1 h 17 min (n = 67) | 22.46 h ± 1 h 13 min (n = 66) | 0.452 | 0.635 | 0.672 | 0.406 |
| Time to fall asleep | 28 min ± 17 min (n = 21) | 25 min ± 20 min (n = 21) | 41 min ± 45 min (n = 67) | 38 min ± 36 min (n = 67) | 0.278 | 0.052 | 0.041 | 0.862 |
| Time to get up | 06.46 h ± 1 h 13 min (n = 21) | 07.03 h ± 1 h 4 min (n = 21) | 07.05 h ± 1 h 25 min (n = 67) | 07.19 h ± 2 h 13 min (n = 67) | 0.575 | 0.920 | 0.063 | 0.121 |
| Sleep duration | 6 h 34 min ± 1 h 17 min (n = 21) | 6 h 34 min ± 1 h 17 min (n = 21) | 5 h 39 min ± 1 h 17 min (n = 67) | 5 h 39 min ± 1 h 17 min (n = 67) | 0.011 | 0.011 | 1.0 | 1.0 |

Sleepers: no sleep-related disturbances due to chronic pruritus after 4 weeks; Non-sleepers: sleep-related disturbances due to chronic pruritus after 4 weeks. p^{*a}: Level of significance: comparison between sleepers and non-sleepers day 1; p^{*b}: Level of significance: comparison between sleepers and non-sleepers day 28; p^{*c}: Level of significance: comparison sleepers day 1/day 28; p^{*d}: Level of significance: comparison non-sleepers day 1/day 28. ^eMann-Whitney U test. ^fWilcoxon test.