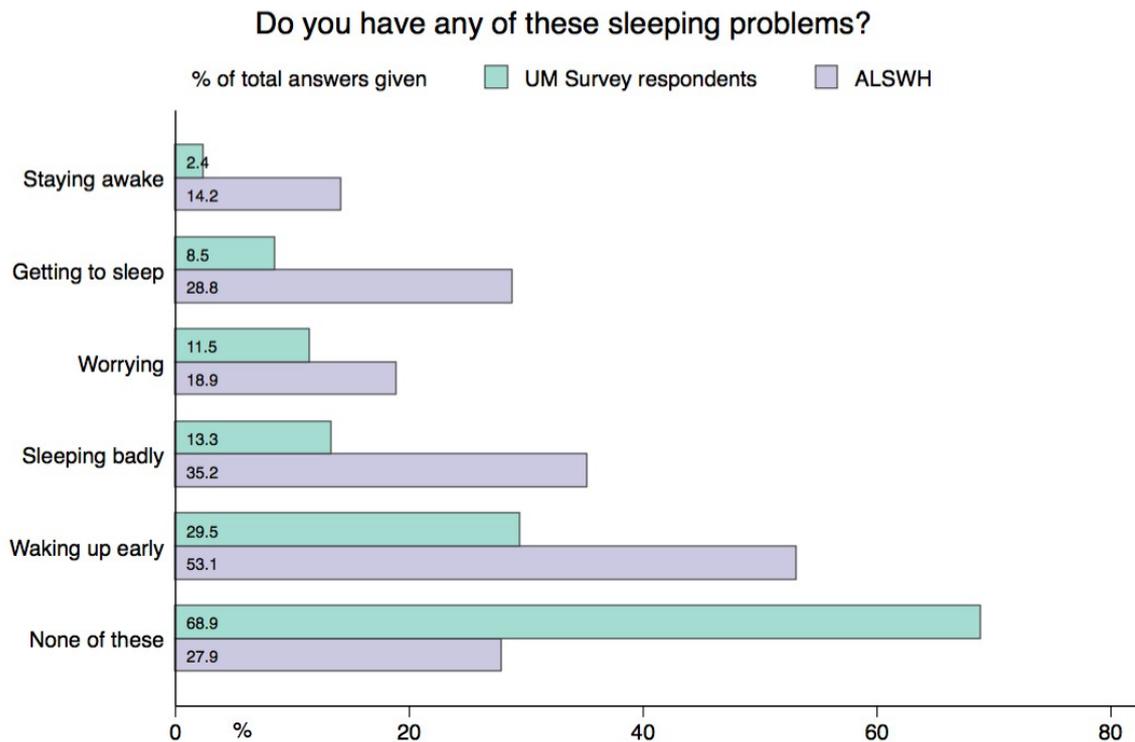# Sleep issues in graphical form

Showing this quote from the paper in graphical form:

"UM respondents had fewer sleep issues than did ALSWH respondents, with 68.9% (228/331) of the former and 27.9% of the latter reporting no issues at all. For lying awake most of the night, the percentages were 2.4% (UM, 8/331) versus 14.2% (ALSWH); taking a long time to get to sleep (11.5% 38/331 vs 28.8%), being kept awake by worrying (8.5% 28/331 vs 18.9%), and sleeping badly at night (13.3% 44/331 vs 35.2%)."

Do you have any of these sleeping problems?

% of total answers given   ☐ UM Survey respondents   ☐ ALSWH

| Category	UM	ALSWH
Staying awake	2.4	14.2
Getting to sleep	8.5	28.8
Worrying	11.5	18.9
Sleeping badly	13.3	35.2
Waking up early	29.5	53.1
None of these	68.9	27.9

UM: Universal Medicine

Changes in BMI

UM respondents were asked to provide their weight as it was at the time of their first UM event. They were also asked to provide their weight as of at the time of taking the survey. This graph shows the difference in BMI between the two measurements over the past BMI. According to the respondents, on a population level, the higher the initial BMI, the higher the average weight loss.

Change in BMI by past BMI
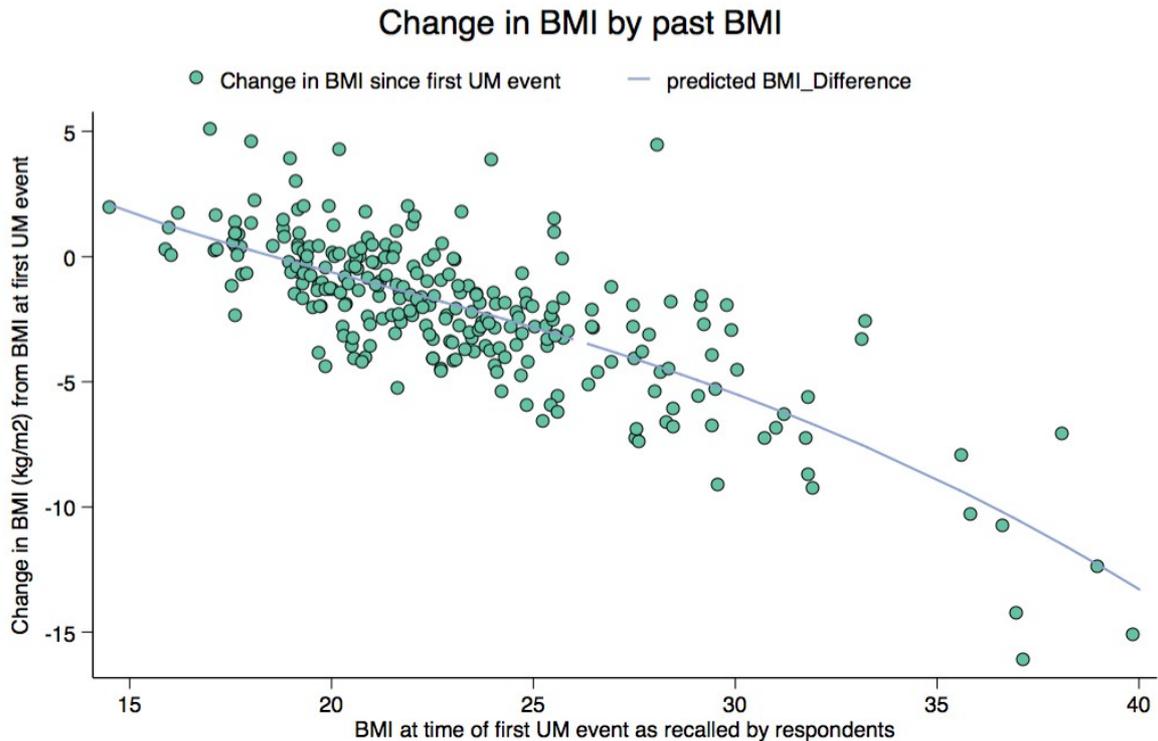
UM: Universal Medicine

Both x-axis and y-axis are measured in BMI (kg/m^2). For example, for the mean height given in the survey by the respondents of 1.66m, each BMI point represents 2.76kg. The mean weight change reported was -2.23 BMI points. Of the respondents, 18% (47/266) reported a gain in weight, 6.8% (18/266) no change, and 76% (201/266) a reduction in weight.

As the past weight data is subject to the vagaries of memory, the above graph should be taken with caution and only as an indication what the UM survey participants remember.

Change in BMI by Age
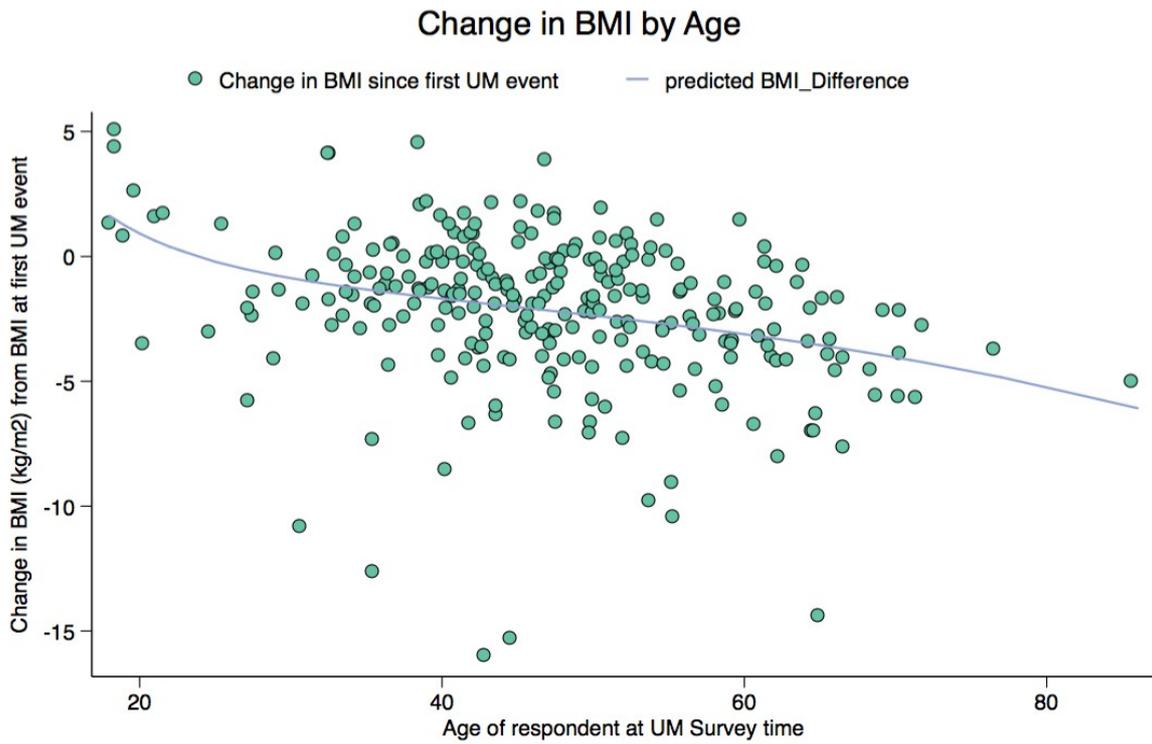
UM: Universal Medicine

In the general population, BMI increases with age. As BMI is not associated with age among UM Survey respondents, older UM participants would be expected to have lost more weight on average than younger UM participants. This is borne out in the graph above, though this graph is just as much subject to memory issues as the previous graph.