

**Table 1.** Descriptive statistics in preschool children with and without spontaneous awakening from nocturnal sleep (mean  $\pm$  SD)

	64 children with spontaneous awakening	52 children without spontaneous awakening	Probability ( <i>P</i> )
Girls (number)	30 (47%)	21 (40%)	0.57
Age (months)	68.8 $\pm$ 3.7	69.2 $\pm$ 3.5	0.62
Nursery school (number)	19 (30%)	18 (35%)	0.69
Height (cm)	113 $\pm$ 5	113 $\pm$ 4	0.90
Body weight (kg)	19.4 $\pm$ 2.6	19.5 $\pm$ 2.3	0.91
Body mass index (kg/m <sup>2</sup> )	15.3 $\pm$ 1.2	15.3 $\pm$ 1.1	0.93
Only child (number)	14 (22%)	10 (19%)	0.82
Mother with job (number)	34 (53%)	31 (60%)	0.57
Bedtime (hour)	21:06 $\pm$ 39 (min)	21:31 $\pm$ 40 (min)	0.001
Wake time (hour)	06:55 $\pm$ 32 (min)	06:59 $\pm$ 32 (min)	0.61
Nocturnal sleep duration (min)	589 $\pm$ 39	568 $\pm$ 44	0.007
Daytime nap (min)	48 $\pm$ 48	42 $\pm$ 44	0.49
Total sleep duration (min)	637 $\pm$ 54	610 $\pm$ 57	0.009

**Table 2.** Heart rate variability parameters between preschool children with and without spontaneous awakening from nocturnal sleep (mean  $\pm$  SD)

	64 children with spontaneous awakening	52 children without spontaneous awakening	Student <i>t</i> test ( <i>P</i> )	Analysis of covariance ( <i>P</i> ) <sup>†</sup>	( <i>P</i> ) <sup>‡</sup>
CV <sub>RR</sub> (%)	6.63 $\pm$ 2.44	5.52 $\pm$ 2.05	0.010	0.006	0.013
CCV <sub>HF</sub> (%)	4.36 $\pm$ 2.24	3.46 $\pm$ 1.88	0.023	0.019	0.037
CCV <sub>LF</sub> (%)	4.46 $\pm$ 2.14	4.17 $\pm$ 2.10	0.47	0.40	0.62
log[PSD <sub>HF</sub> (ms <sup>2</sup> )]	2.81 $\pm$ 0.50	2.56 $\pm$ 0.53	0.010	0.008	0.018
log[PSD <sub>LF</sub> (ms <sup>2</sup> )]	2.85 $\pm$ 0.42	2.74 $\pm$ 0.46	0.18	0.15	0.27
log[LF/HF ratio]	0.043 $\pm$ 0.431	0.181 $\pm$ 0.401	0.078	0.077	0.082
Heart rate (beats/min)	90.9 $\pm$ 8.8	95.5 $\pm$ 8.9	0.006	0.003	0.003

<sup>†</sup> Age, sex, and BMI were adjusted for; <sup>‡</sup> When adjusting for age, sex, BMI, and nocturnal sleep duration, nocturnal sleep duration was not a significant covariate ( $P > .05$ ).