Study variables in the different stressful conditions

Variables	In normal condition (*n* = 36)	In stressful condition (*n* = 36)	t or Z	*p*
	mean±SD			
AUC_{AG}[†] (μg/dℓ)	0.51±0.22	0.52±0.23	-0.124	.092
AUC_{TG}[††] (μg/d ℓ)	1.60±0.70	1.68±0.86	-0.530	.600
Sleep duration (min)	458.1±196.6	389.9±89.0	-1.925	.054[ʃ]
Sleep efficiency (%)	97.3±2.61	96.9±3.37	-0.016	.987[ʃ]
WASO[§] (min)	11.7±11.57	13.0±15.68	-0.369	.712[ʃ]
Mean wake episodes during sleep (min)	2.2±1.81	2.6±2.28	-0.731	.470
State anxiety	44.3±18.81	47.4±9.38	-1.778	.085
Trait anxiety	44.2±10.17	46.5±10.48	-1.662	.106
Perceived stress	25.1±10.14	33.1±10.90	-7.171	<.001

[†]AUC_{AG} = Area under curve from the three morning cortisol samples within one hour after awakening, [††]AUC_{TG} = Area under curve from the other cortisol samples, [§]WASO = wake after sleep onset, [ʃ] Wilcoxon signed rank test