

Table S1. Sleep characteristics of the four groups. Means (M) and standard deviations (SD) are shown.

Sleep variables	Social Jetlag < 90 minutes; Catch-up sleep < 60 minutes M (SD)	Social jetlag < 90 minutes; Catch-up sleep ≥ 60 minutes M (SD)	Social jetlag ≥ 90 minutes; Catch-up sleep < 60 minutes M (SD)	Social jetlag ≥ 90 minutes; Catch-up sleep ≥ 60 minutes M (SD)
Amount of social jetlag (In minutes)	42.58 (33.61)	52.30 (29.68)	151.72 (52.39)	145.21 (48.04)
Amount of catch-up sleep (In minutes)	-3.55 (50.19)	123.75 (64.26)	-17.10 (72.66)	141.20 (60.16)
Total sleep time during the week (In minutes)	419.60 (44.31)	396.43 (55.28)	415.27 (44.06)	391.17 (47.60)
Total sleep time during the weekend (In minutes)	416.05 (64.15)	520.18 (66.04)	398.17 (80.42)	532.54 (57.55)