

	Sleep quality	Circadian preference	Dysfunctional beliefs	Anxiety	TST <sub>d</sub>	SOL <sub>d</sub>	WASO <sub>d</sub>	TST <sub>psg</sub>	SOL <sub>psg</sub>	WASO <sub>psg</sub>	DLMO	Phase HBT	Sleep misperception
Depressive symptoms	0.298^	-0.306^	0.321^	0.607^	0.138	0.051	-0.042	-0.224*	0.055	-0.094	-0.073	0.106	0.021
Sleep quality	-	-0.166	0.258^	0.367^	-0.310^	0.338^	0.110	-0.274^	0.201*	0.158	-0.026	0.021	0.273*
Circadian preference	-	-0.272^	-0.145	-0.198*	-0.189*	0.146	0.088	-0.191*	0.033	-0.151	-0.089	0.119	
Dysfunctional beliefs	-	0.233*	-0.046	-0.029	-0.002	0.126	0.009	0.014	0.095	-0.018	0.078		
Anxiety		-	0.137	0.086	-0.022	-0.155	-0.029	-0.076	-0.188	0.163	0.032		
TST <sub>d</sub>			-	-0.226*	-0.430^	0.149	0.068	-0.201*	0.146	-0.173	-0.470^		
SOL <sub>d</sub>				-	-0.108	-0.095	-0.189*	-0.036	-0.131	0.102	0.243*		
WASO <sub>d</sub>					-	-0.175	-0.151	0.367^	-0.005	-0.126	0.464^		
TST <sub>psg</sub>						-	-0.254^	-0.350^	0.035	-0.070	-0.092		
SOL <sub>psg</sub>							-	0.003	0.165	0.031	-0.023		
WASO <sub>psg</sub>								-	-0.136	0.057	0.251^		
DLMO									-	-0.796^	-0.158		
Phase HBT										-	0.103		
Sleep misperception											-		

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**Table S1.** Correlations between subjective and objective variables. Key: Depressive symptoms – PHQ-9; Sleep quality - PSQI; Circadian preference - CSM; Dysfunctional beliefs - DBAS; Anxiety - GAD-7; DLMO – dim light melatonin onset; TST – total sleep time<sub>d</sub> (diary); SOL – sleep onset latency<sub>d</sub> (diary); WASO<sub>d</sub> – wake after sleep onset (diary); PSG – polysomnography; Phase HBT; habitual bedtime sleep diary-DLMO; \* p<0.05; ^ p<0.001.