

Supplementary Table 1. Participant demographics (n = 56)

	Value
Age (yr)	30.91 ± 12.93
Gender (man/woman)	10 (17.9)/46 (82.1)
Highest educational qualification	
Higher degree (e.g., MSc/PhD)	7 (12.5)
First degree (e.g., BA/BSc)	11 (19.6)
A-levels/equivalent	34 (60.7)
School leaver	2 (3.6)
Other professional qualification	1 (1.8)
Information not provided	1 (1.8)
PSQI	4.71 ± 2.38

Values are presented as mean ± standard deviation or n (%).
PSQI, Pittsburgh Sleep Quality Index.