

Supplementary Table 1. Clinical characteristics of participants (n = 360)

Variables	Value
Sex (female)	275 (76.4)
Age (yr)	25.2 ± 8.2
Marital status	
Single	250 (69.4)
Married	81 (22.5)
Engaged	23 (6.4)
Divorced	6 (1.7)
Education	
Primary school	10 (2.8)
Secondary school	34 (9.4)
Technical school	15 (4.2)
University	301 (83.6)
Rating scales scores	
Glasgow Sleep Effort Scale	4.3 ± 3.3
Insomnia Severity Index	10.0 ± 5.9
Dysfunctional Beliefs about Sleep-2	9.1 ± 6.1
Patient Health Questionnaire-9	7.5 ± 5.5
Desired total sleep time (h)	8.1 ± 1.2
Desired bedtime	10:36 PM ± 1:04
Desired wake-up time	7:12 AM ± 1:37
Desired time in bed (h)	8.6 ± 1.7
Discrepancy between desired time in bed and desired total sleep time (h)	0.5 ± 1.5

Values are presented as n (%) or mean ± standard deviation.