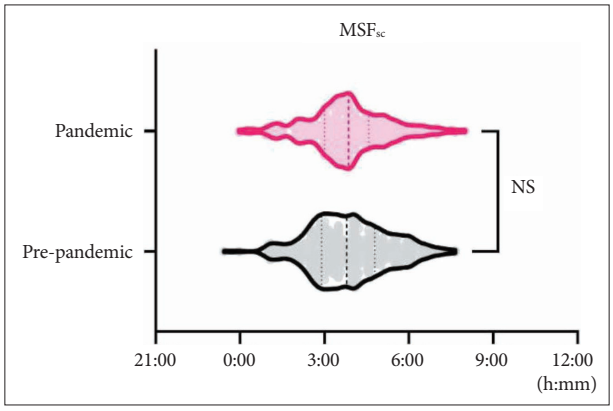

Supplementary Fig. 1. Non-significant (NS) difference of mid-sleep time on free days corrected for sleep debt (MSF_{sc}) pre- and during pandemic.