Supplementary Table 1. Independent samples t-test results of exam anxiety subdimensions and sleep hygiene scores based on changes in sleep habits during the exam period and pre-exam sleep duration

Variable	Yes (n=200)		No (n=50)		t	p-value	4 hours and under (n=70)		5–10 hours (n=172)		11 hours and above (n=8)		F	p-value	Tukey
	$\bar{X}$	SD	$\bar{X}$	SD			$\bar{X}$	SD	$\bar{X}$	SD	$\bar{X}$	SD			
Exam anxiety	3.17	1.02	3.10	1.10	0.424	0.672	3.57	1.23	3.00	0.91	2.94	0.61	7.982	<0.001	4 hours and under>5–10 hours*
Humiliation	2.94	1.26	3.05	1.25	-0.513	0.608	3.48	1.48	2.77	1.12	2.63	0.82	8.596	<0.001	4 hours and under>5–10 hours*
Tension	3.31	1.18	3.13	1.10	0.993	0.322	3.62	1.26	3.14	1.11	3.17	0.62	4.378	0.014	4 hours and under>5–10 hours*
Cognitive blockage	3.26	0.94	3.16	1.06	0.649	0.517	3.60	1.16	3.10	0.84	3.01	0.71	7.218	0.001	4 hours<5–10 hours*
Sleep hygiene	2.85	0.66	2.78	0.70	0.658	0.511	3.01	0.71	2.75	0.63	3.37	0.47	6.642	0.002	4 hours and under>5–10 hours*, 11 hours and above>5–10 hours*

SD, standard deviation.
*p<0.05.