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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^a (diary); SOL – sleep onset latency^a (diary); WASO^a – wake after sleep onset (diary);); PSG – polysomnography; Phase HBT; habitual bedtime sleep diary-DLMO; * p<0.05; ^ p<0.001.