

**Table S1.** Frequency of electronic devices usage at bedtime in three categories of sleep latency during the weekday

		Sleep latency			<i>p</i> *
		≤ 10 minutes	10 to 20 minutes	> 20 minutes	
<b>Watching computer or tablet at bedtime</b>	<b>No</b>	64 (53.3)	23 (19.2)	33 (27.5)	0.014
	<b>Yes</b>	21 (35)	23 (38.3)	16 (26.7)	
<b>Watching TV at bedtime</b>	<b>No</b>	24 (54.5)	10 (22.7)	10 (22.7)	0.498
	<b>Yes</b>	63 (44.7)	36 (25.5)	42 (29.8)	
<b>Playing digital games at bedtime</b>	<b>No</b>	81 (50.3)	35 (21.7)	45 (28)	0.011
	<b>Yes</b>	5 (21.7)	11 (47.8)	7 (30.4)	

\*Chi square test

**Table S2.** Frequency of electronic devices usage at bedtime in three categories of sleep latency during the weekend

		Sleep latency			<i>p</i> *
		≤ 10 minutes	10 to 20 minutes	> 20 minutes	
<b>Watching computer or tablet at bedtime</b>	<b>No</b>	62 (52.5)	22 (18.7)	34 (28.8)	0.007
	<b>Yes</b>	18 (31.6)	22 (38.6)	17 (29.8)	
<b>Watching TV at bedtime</b>	<b>No</b>	22 (52.4)	9 (21.4)	11 (26.2)	0.602
	<b>Yes</b>	61 (43.6)	35 (25.0)	44 (31.4)	
<b>Playing digital games at bedtime</b>	<b>No</b>	77 (48.4)	33 (20.8)	49 (30.8)	0.008
	<b>Yes</b>	5 (22.7)	11 (50.0)	6 (27.3)	

\*Chi square test