

Table 4 Sleep variables during weekdays and weekends (duration, latency, awakenings and Mid Sleep Point) and SJL (Social Jet lag), and Morbidities (worsening and improvement) are presented for Sleep Quality and Awakening Quality for Worse, Equal and Better subgroups, in terms of Mean, Minimum and Maximum. ANOVA was used for intergroup comparison: Worse versus Equal, Worse versus Better, and Equal versus Better. Z and confidence levels are presented for each comparison whenever higher than .05

Sleep and Morbidities		Sleep Quality									Awakening Quality								
		N	Mean	Min.	Max.	Statistics		Worse	Worse	Equal	N	Mean	Min.	Max.	Statistics		Worse	Worse	Equal
						Z	Sig.	Equal	Better	Better					Z	Sig.	Equal	Better	Better
Sleep duration weekdays	Worse	1575	6.6	0.29	16	9.444	.000	.021	.000	.038	1358	6.56	0.29	16	10.48	.000	.000	.001	.001
	Equal	1535	6.76	0.25	16						1680	6.78	0.34	16					
	Better	298	7.01	2	16						360	6.91	2	16					
	Total	3408	6.71	0.25	16						3398	6.71	0.29	16					
Sleep duration weekends	Worse	1575	7.46	0.29	16	0.827	.437				1359	7.41	0.29	16	1.785	.168			
	Equal	1528	7.5	0.15	19						1673	7.54	0.15	16					
	Better	296	7.6	0.34	16						357	7.54	2	16					
	Total	3399	7.49	0.15	19						3389	7.49	0.15	16					
Sleep latency weekdays	Worse	1511	32.95	0	240	0.776	.461				1316	33.82	0	240	1.99	.137			
	Equal	1467	32.17	0	300						1593	31.46	0	300					
	Better	276	30.35	1	130						333	31.43	0	180					
	Total	3254	32.38	0	300						3242	32.41	0	300					
Sleep latency weekends	Worse	1507	32.13	0	240	0.089	.915				1314	32.87	0	240	0.977	.377			
	Equal	1460	31.7	0	301						1589	31.4	0	301					
	Better	276	31.4	1	302						327	30.49	1	302					
	Total	3243	31.87	0	302						3230	31.91	0	302					
Awakenings weekdays	Worse	1218	2.79	1	30	1.014	.363				1071	2.83	1	30	1.808	.164			
	Equal	1218	2.67	0.5	30						1300	2.65	0.5	30					
	Better	222	2.85	1	25						277	2.85	1	28					
	Total	2658	2.74	0.5	30						2648	2.75	0.5	30					
Awakenings weekends	Worse	1148	2.44	0.1	30	2.274	.103				1008	2.43	0.1	30	1.76	.172			
	Equal	1170	2.3	0.5	30						1248	2.33	0.5	30					

MSP Week	Better	209	2.51	1	10					260	2.54	1	18						
	Total	2527	2.38	0.1	30					2516	2.39	0.1	30						
	Worse	1458	3.71	-1.83	12.57	7.24	.001		.000	.01	1272	3.67	-1.83	12.5	10.074	.000	.05	.000	.009
	Equal	1421	3.81	-3	14					1545	3.82	-3	13.5						
	Better	266	4.14	-0.92	14.17					315	4.14	-1	14.17						
MSP Weekend	Total	3145	3.79	-3	14.17					3132	3.79	-3	14.17						
	Worse	1462	4.51	-1.83	15.75	2.345	.096				1279	4.44	-1.83	15.75	5.515	.004		.004	
	Equal	1417	4.54	-3	23					1540	4.57	-3	23						
	Better	267	4.79	-0.92	14.5					313	4.84	-1	17.5						
	Total	3146	4.54	-3	23					3132	4.54	-3	23						
SJL Covid	Worse	1446	0.94	0	13.25	0.607	.545				1264	0.95	0	13.25	0.713	.49			
	Equal	1406	0.9	0	12.5					1528	0.89	0	12.5						
	Better	264	0.88	0	7					310	0.9	0	7						
	Total	3116	0.92	0	13.25					3102	0.92	0	13.25						
	Worse	1872	2.295	0	13	159.1	.000	.000	.000		1602	2.39	0	13	169.92	.000	.000	.000	.034
Morbities Worse	Equal	1757	1.258	0	11					1934	1.3	0	11						
	Better	362	1.442	0	10					450	1.53	0	11						
	Total	3991	1.761	0	13					3986	1.76	0	13						
	Worse	1870	0.282	0	6	84.27	.000	.000	.000	.000	1601	0.27	0	9	81.523	.000	.000	.000	.000
	Equal	1747	0.455	0	9					1923	0.43	0	9						
Morbities Better	Better	362	1.077	0	11					449	1	0	11						
	Total	3979	0.43	0	11					3973	0.43	0	11						