

**Table 5** Habits of Physical activity, Nutrition (recommended and not recommended food according to a Mediterranean diet), and Screens (TV, Mobile, Social Networks and Games) 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

| Habits                  |        | 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 |
| Hours physical activity | Worse  | 1342          | 2.39  | 0    | 30    | 10.517     | .000 | .000  | .001   |                   | 1116 | 2.41  | 0    | 40    | 6.878      | .001 | .006  | .006   |        |
|                         | Equal  | 1480          | 2.95  | 0    | 60    |            |      |       |        |                   | 1628 | 2.88  | 0    | 60    |            |      |       |        |        |
|                         | Better | 302           | 3.27  | 0    | 60    |            |      |       |        |                   | 384  | 3.12  | 0    | 60    |            |      |       |        |        |
|                         | Total  | 3124          | 2.74  | 0    | 60    |            |      |       |        |                   | 3128 | 2.74  | 0    | 60    |            |      |       |        |        |
| Meals day               | Worse  | 1911          | 3.86  | 1    | 5     | 6.62       | .001 | .033  | .004   |                   | 1641 | 3.84  | 1    | 5     | 2.132      | .119 |       |        |        |
|                         | Equal  | 1807          | 3.79  | 1    | 5     |            |      |       |        |                   | 1988 | 3.82  | 1    | 5     |            |      |       |        |        |
|                         | Better | 369           | 3.96  | 2    | 5     |            |      |       |        |                   | 458  | 3.92  | 1    | 5     |            |      |       |        |        |
|                         | Total  | 4087          | 3.84  | 1    | 5     |            |      |       |        |                   | 4087 | 3.84  | 1    | 5     |            |      |       |        |        |
| Alcohol                 | Worse  | 1177          | 6.98  | 0    | 132.5 | 15.907     | .000 | .000  |        |                   | 994  | 6.94  | 0    | 122   | 11.24      | .000 | .000  | .003   |        |
|                         | Equal  | 1209          | 11.67 | 0    | 563.5 |            |      |       |        |                   | 1316 | 10.68 | 0    | 252.5 |            |      |       |        |        |
|                         | Better | 224           | 9.22  | 0    | 120   |            |      |       |        |                   | 299  | 11.34 | 0    | 563.5 |            |      |       |        |        |
|                         | Total  | 2610          | 9.35  | 0    | 563.5 |            |      |       |        |                   | 2609 | 9.33  | 0    | 563.5 |            |      |       |        |        |
| Food REC YES            | Worse  | 1891          | 5.01  | 1    | 14    | 31.003     | .000 | .000  | .000   |                   | 1624 | 5.04  | 1    | 14    | 18.07      | .000 | .000  | .000   |        |
|                         | Equal  | 1791          | 5.49  | 0    | 14    |            |      |       |        |                   | 1969 | 5.42  | 0    | 14    |            |      |       |        |        |
|                         | Better | 366           | 5.78  | 1    | 12    |            |      |       |        |                   | 454  | 5.58  | 1    | 12    |            |      |       |        |        |
|                         | Total  | 4048          | 5.29  | 0    | 14    |            |      |       |        |                   | 4047 | 5.29  | 0    | 14    |            |      |       |        |        |
| Food REC NO             | Worse  | 1903          | 11.89 | 2    | 17    | 34.768     | .000 | .000  | .000   | .01               | 1636 | 11.84 | 2    | 17    | 16.176     | .000 | .000  | .000   |        |
|                         | Equal  | 1800          | 11.39 | 1    | 17    |            |      |       |        |                   | 1978 | 11.45 | 1    | 17    |            |      |       |        |        |

|                                  |        |      |       |      |      |        |      |      |      |      |       |      |      |        |      |      |      |
|----------------------------------|--------|------|-------|------|------|--------|------|------|------|------|-------|------|------|--------|------|------|------|
| FoodYES/<br>NO<br>proportion     | Better | 367  | 10.99 | 1    | 16   |        |      |      |      | 455  | 11.31 | 4    | 16   |        |      |      |      |
|                                  | Total  | 4070 | 11.59 | 1    | 17   |        |      |      |      | 4069 | 11.59 | 1    | 17   |        |      |      |      |
|                                  | Worse  | 1889 | 0.48  | 0.06 | 4.67 | 25.927 | .000 | .000 | .000 | 1623 | 0.49  | 0.06 | 4.67 | 13.163 | .000 | .000 | .001 |
|                                  | Equal  | 1791 | 0.55  | 0    | 4.67 |        |      |      |      | 1967 | 0.54  | 0    | 4.67 |        |      |      |      |
|                                  | Better | 365  | 0.59  | 0.06 | 2.4  |        |      |      |      | 454  | 0.56  | 0.06 | 2.4  |        |      |      |      |
| TV h/Day                         | Total  | 4045 | 0.52  | 0    | 4.67 |        |      |      |      | 4044 | 0.52  | 0    | 4.67 |        |      |      |      |
|                                  | Worse  | 1733 | 3.03  | 0.1  | 20   | 1.385  | .251 |      |      | 1486 | 2.98  | 0.1  | 20   | 2.687  | .068 |      |      |
|                                  | Equal  | 1658 | 3.11  | 0.1  | 20   |        |      |      |      | 1825 | 3.14  | 0.1  | 20   |        |      |      |      |
|                                  | Better | 338  | 3.25  | 0.3  | 20   |        |      |      |      | 419  | 3.22  | 0.3  | 20   |        |      |      |      |
|                                  | Total  | 3729 | 3.09  | 0.1  | 20   |        |      |      |      | 3730 | 3.09  | 0.1  | 20   |        |      |      |      |
| Social<br>Networks<br>h/Day      | Worse  | 1608 | 2.49  | 0    | 20   | 3.437  | .032 |      |      | 1371 | 2.52  | 0    | 20   | 3.428  | .033 |      |      |
|                                  | Equal  | 1363 | 2.32  | 0.1  | 20   |        |      |      |      | 1518 | 2.33  | 0.1  | 20   |        |      |      |      |
|                                  | Better | 293  | 2.66  | 0.2  | 20   |        |      |      |      | 376  | 2.6   | 0.2  | 20   |        |      |      |      |
|                                  | Total  | 3264 | 2.43  | 0    | 20   |        |      |      |      | 3265 | 2.44  | 0    | 20   |        |      |      |      |
|                                  | Worse  | 1733 | 2.77  | 0.1  | 20   | 17.219 | .000 | .000 | .001 | 1481 | 2.85  | 0.1  | 20   | 21.118 | .000 | .000 | .002 |
| Mobile<br>h/Day                  | Equal  | 1554 | 2.27  | 0.1  | 20   |        |      |      |      | 1733 | 2.27  | 0    | 20   |        |      |      |      |
|                                  | Better | 336  | 2.83  | 0    | 20   |        |      |      |      | 409  | 2.75  | 0.1  | 20   |        |      |      |      |
|                                  | Total  | 3623 | 2.56  | 0    | 20   |        |      |      |      | 3623 | 2.56  | 0    | 20   |        |      |      |      |
|                                  | Worse  | 424  | 1.94  | 0.1  | 20   | 1.211  | .298 |      |      | 357  | 1.98  | 0.1  | 20   | 0.746  | .475 |      |      |
|                                  | Equal  | 396  | 1.81  | 0.1  | 12   |        |      |      |      | 439  | 1.83  | 0.1  | 20   |        |      |      |      |
| Games<br>h/Day                   | Better | 77   | 2.14  | 0.3  | 20   |        |      |      |      | 103  | 1.91  | 0.2  | 6    |        |      |      |      |
|                                  | Total  | 897  | 1.9   | 0.1  | 20   |        |      |      |      | 899  | 1.9   | 0.1  | 20   |        |      |      |      |
|                                  | Worse  | 1827 | 3.42  | 1    | 10   | 3.582  | .028 | .023 |      | 1564 | 3.43  | 1    | 10   | 3.774  | .023 | .019 |      |
|                                  | Equal  | 1717 | 3.23  | 1    | 10   |        |      |      |      | 1890 | 3.24  | 1    | 10   |        |      |      |      |
|                                  | Better | 352  | 3.34  | 1    | 10   |        |      |      |      | 439  | 3.35  | 1    | 10   |        |      |      |      |
| TV<br>dependence                 | Total  | 3896 | 3.33  | 1    | 10   |        |      |      |      | 3893 | 3.33  | 1    | 10   |        |      |      |      |
|                                  | Worse  | 1833 | 4.03  | 1    | 10   | 56.795 | .000 | .000 | .000 | 1571 | 4.04  | 1    | 10   | 41.54  | .000 | .000 | .001 |
|                                  | Equal  | 1718 | 3.2   | 1    | 10   |        |      |      |      | 1893 | 3.31  | 1    | 10   |        |      |      |      |
|                                  | Better | 352  | 3.84  | 1    | 10   |        |      |      |      | 437  | 3.75  | 1    | 10   |        |      |      |      |
|                                  | Total  | 3903 | 3.65  | 1    | 10   |        |      |      |      | 3901 | 3.65  | 1    | 10   |        |      |      |      |
| Social<br>Networks<br>dependence | Worse  | 1833 | 4.03  | 1    | 10   | 56.795 | .000 | .000 | .000 | 1571 | 4.04  | 1    | 10   | 41.54  | .000 | .000 | .001 |
|                                  | Equal  | 1718 | 3.2   | 1    | 10   |        |      |      |      | 1893 | 3.31  | 1    | 10   |        |      |      |      |
|                                  | Better | 352  | 3.84  | 1    | 10   |        |      |      |      | 437  | 3.75  | 1    | 10   |        |      |      |      |
|                                  | Total  | 3903 | 3.65  | 1    | 10   |        |      |      |      | 3901 | 3.65  | 1    | 10   |        |      |      |      |
|                                  | Worse  | 1833 | 4.03  | 1    | 10   | 56.795 | .000 | .000 | .000 | 1571 | 4.04  | 1    | 10   | 41.54  | .000 | .000 | .001 |

