**SUPPLEMENTARY MATERIAL**



**Supplementary Figure 1.** Scatter plot of the rMEQ and Mid Sleep Point in the overall sample. Spearman test correlation (rho = -0.58, (p-value: <0.001)

**Supplementary Table 1.**

|  |  |
| --- | --- |
|  | **rMEQ-based classification** |
| Evening type (-1) | Neither type (0) | Morning type(1) |
| **Actigraphy-based classification** | Evening type (-1) | 0 | 1 | 2 |
| Neither type (0) | -1 | 0 | 1 |
| Morning type (1) | -2 | -1 | 0 |

Circadian Classification Discrepancy Index (CCDI): a classification value (CV) of 1 is assigned to the MT classification, 0 to the NT, and -1 to the ET. Each subject is assigned to each of these three classification groups (MT, NT, ET) based both on the rMEQ score and on the mid-sleep point timing. The CCDI is computed for each subject by subtracting the actigraphy-based CV from the rMEQ-based CV