## Supplement Table 1. Mean Scores of Neurobehavioral Tasks and Coefficients for Poor Sleepers (linear regression)

|  |  |  |  |
| --- | --- | --- | --- |
| Model Outcome | Normal Sleepers | Poor Sleepers |  Coefficients of Poor Sleepa |
| Mean | SD | Mean | SD | *B* | se | *p* |
| sPCET |  |  |  |  |  |  |  |
| Speed, ms | 1646.11 | 411.08 | 1762.98 | 500.59 | 102.46  | 12.56 | 0.02\* |
| Accuracy (0-48) | 25.47 | 6.11 | 27.32 | 7.50 | 2.27 | 0.27 | 0.07 |
| PCPT |  |  |  |  |  |  |  |
| Speed, ms | 514.24 | 135.79 | 503.79 | 118.20 | -18.64 | 10.32 | 0.21 |
| Accuracy(0-120) | 79.75 | 35.77 | 73.38 | 41.34 | -5.91 | 2.45 | 0.17 |
| sVOLT |  |  |  |  |  |  |  |
| Speed, ms | 1618.83 | 664.19 | 1579.42 | 633.09 | -43.42 | 67.66 | 0.59 |
| Accuracy (0-20) | 15.11 | 2.99 | 13.87 | 3.19 | -1.16  | 0.03 | 0.001\*\* |
| PMRT |  |  |  |  |  |  |  |
| Speed, ms | 7795.92 | 5491.38 | 7225.94 | 5250.40 | -746.65 | 111.11 | 0.02\* |
| Accuracy (0-29) | 11.80 | 4.41 | 11.13 | 4.59 | -0.87 | 0.14 | 0.03\* |
| sPLOT |  |  |  |  |  |  |  |
| Speed, ms | 7682.66 | 2258.65 | 8225.36 | 3019.74 | 500.56 | 73.25 | 0.02\* |
| Accuracy (0-24) | 9.42 | 3.84 | 9.48 | 4.32 | 0.29 | 0.14 | 0.28 |

*Note.* a. The reference level was normal sleep. ms=millisecond; PCPT = Penn Continuous Performance Test; PMRT = Penn Matrix Reasoning Test; sCTAP = short Computerized Finger-Tapping task; sPCET = short Penn Conditional Exclusion Test; sPLOT = short Penn Line Orientation Test; sVOLT = short Visual Object Learning Test; Models adjusted for age, sex, parental education, home district, full WISC IQ score, time of neurobehavorial tests, and BMI z-score.

\**p* < 0.05, \*\**p* < 0.01