

**Table 2 Self-Reported Habitual Sleep Characteristics<sup>a</sup> of the SJLIFE Sample (n=911)**

<b>Sleep Characteristic</b>	<b>M (SD)</b>
Sleep duration (hours)	6.6 (1.4)
Sleep onset latency (minutes)	35.0 (39.1)
Sleep efficiency (%)	85.6 (19.7)
PSQI total score	6.8 (2.9)
	<b>N (%)</b>
Short sleep duration (< 7 hours per evening)	402 (44.1)
Long sleep duration (> 9 hours per evening)	14 (1.5)
Typical sleep duration	495 (54.3)
Short sleep duration + prolonged SOL	192 (21.4)
Short sleep duration + WASO	239 (26.6)
Short sleep duration + SE	262 (29.2)
Poor sleep quality (PSQI > 5)	503 (56.9)

PSQI, Pittsburgh Sleep Quality Index; SOL, sleep onset latency; WASO, wake after sleep onset; SE, sleep efficiency

<sup>a</sup> All variables from the Pittsburgh Sleep Quality Index