# Supplementary material

Supplementary Table 1: Sociodemographic profiles of those responded to the baseline questionnaire and responded at least one follow-up sleep EMAs.

| Characteristics	Total (N=1295)	Total (N=343)	p-value
Gender			
Male	228(17.61)	61(17.78)	
Female	1045(80.69)	273(79.59)	
Other	22(1.7)	9(2.62)	0.4108
Age			
median (IQR)	17(16,18)	17(16,18)	0.8253
BMI			
median (IQR)	22.07(19.95,25.1)	22.04(19.84,24.71)	0.7232
BMI category			
Underweight	100(8.08)	20(6.04)	
Normal	775(62.6)	222(67.07)	
Overweight	245(19.79)	61(18.43)	
Obese	118(9.53)	28(8.46)	0.3253
Year of school			
Year 7	2(0.15)	1(0.29)	
Year 8	30(2.32)	8(2.33)	
Year 9	74(5.71)	14(4.08)	
Year 10	162(12.51)	40(11.66)	
Year 11	101(7.8)	37(10.79)	
Year 12	280(21.62)	79(23.03)	
Not at school	47(3.63)	14(4.08)	
Finished school	599(46.25)	150(43.73)	0.4133
Trade certificate			
No	525(81.4)	137(83.54)	
Yes	120(18.6)	27(16.46)	0.4819
Work at a job			
No	539(41.82)	154(45.03)	
Yes	750(58.18)	188(54.97)	0.2289
Looking for a job			
No	220(40.82)	62(40.26)	
Yes	319(59.18)	92(59.74)	0.8875
Work for salary			
No	78(10.4)	20(10.64)	
Yes	672(89.6)	168(89.36)	0.9148
Weekly work hours			
median (IQR)	12(7,20)	10(6,16)	0.0785
Language at home			
English	1097(84.84)	291(84.84)	
Other	196(15.16)	52(15.16)	0.9999
Socioeconomic status			
5 Least disadvantaged	220(33.69)	102(35.29)	
4	126(19.3)	52(17.99)	
3	100(15.31)	44(15.22)	
2	99(15.16)	41(14.19)	
1 Most disadvantaged	108(16.54)	50(17.3)	0.9438

Note: Chi-square goodness of fit test was employed to obtain p-values for categorical variables and Mann-Whitney U test was employed to obtain p-values for quantitative variables.

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Supplementary Figure 1: Number of responses to sleep EMA over 16-week follow-up.
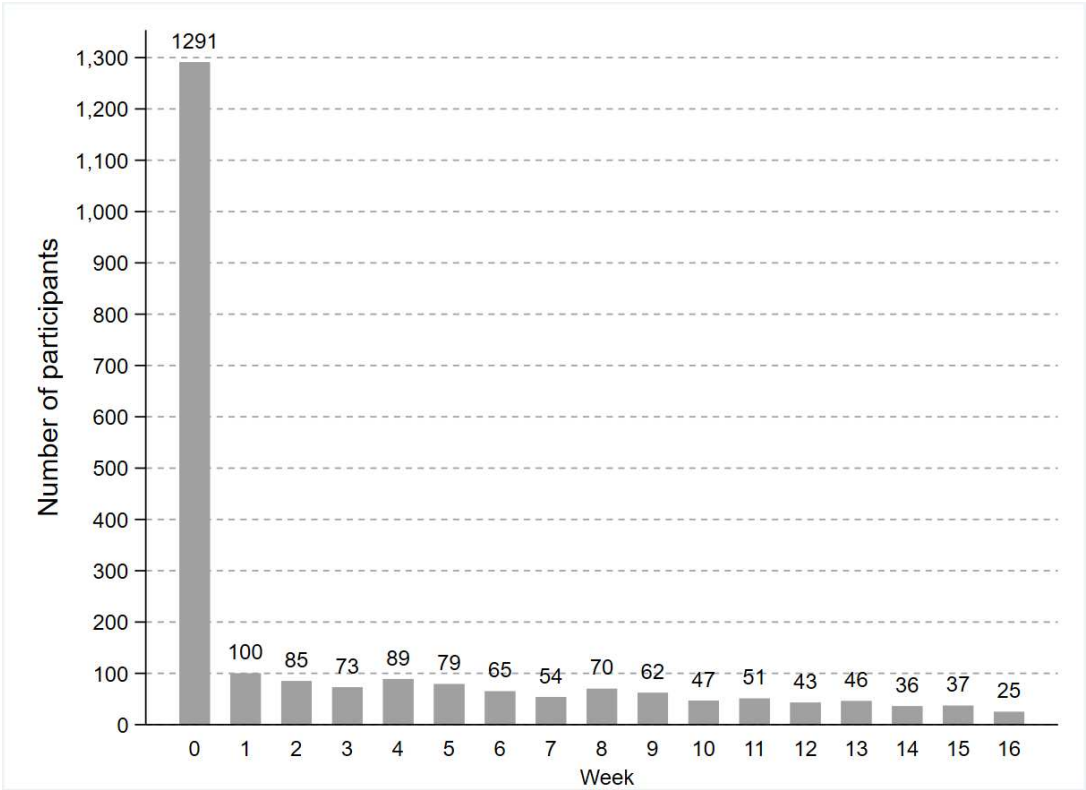
Note: week 0 indicates the baseline. Only 343 individuals out of 1295 responded to at least one EMA and it is possible that a participant did not respond to sleep EMA at week 'n' but responded at week 'n+1'.

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Supplementary Figure 2: The association between hours of sleep duration and psychological distress (K6), social media use, hours of homework, and other socio-demographic factors among adolescents aged 13-19 years.
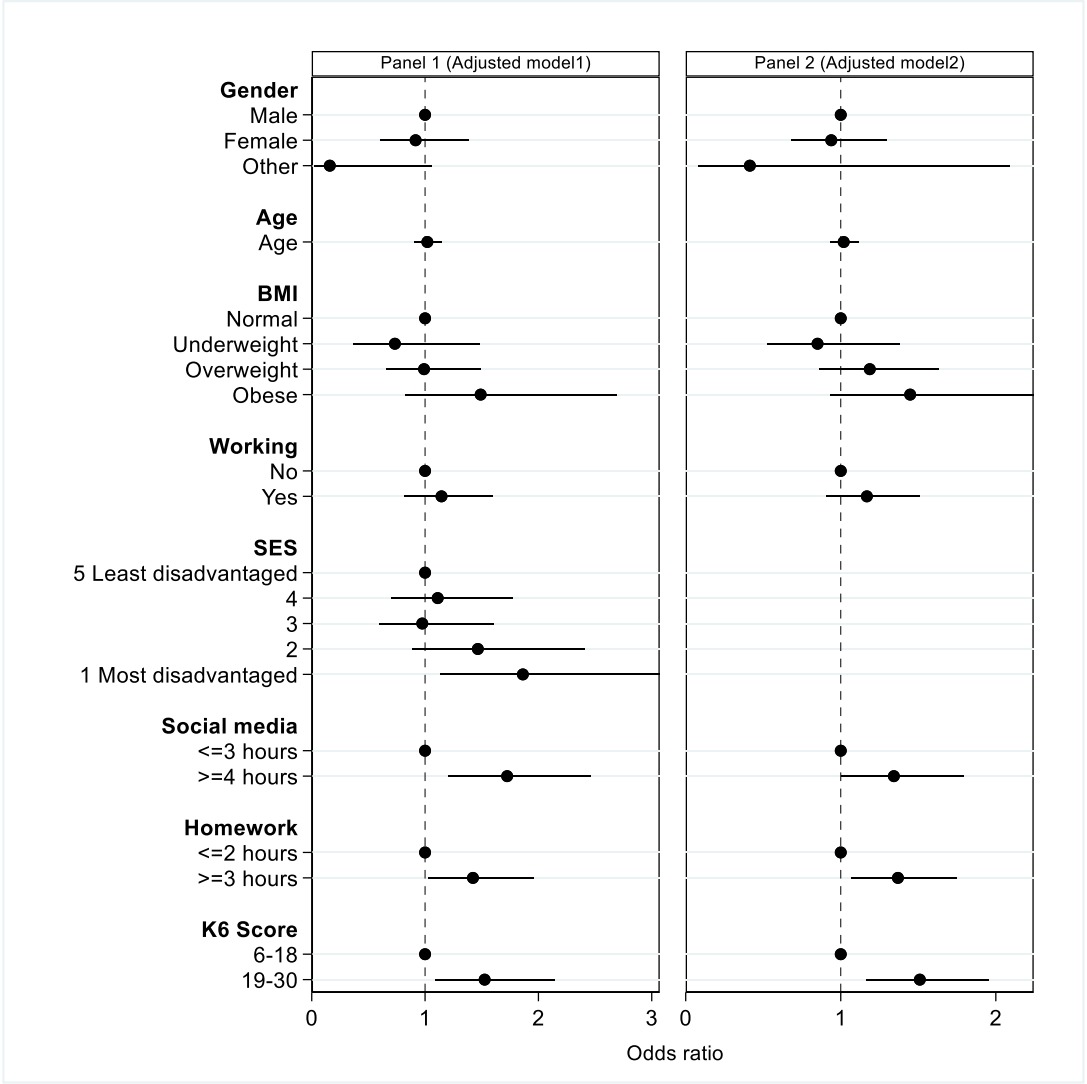
Adjusted model 1 included all the variables as covariates whereas Adjusted model 2 did not include socioeconomic status as a covariate. Socioeconomic status was missing for nearly 50% of the participants. Therefore, socioeconomic status was excluded from Adjusted model2 to maximise the use of available data in the complete case analysis.

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