

**Supplementary table 1.** Arithmetic means and standard deviations of time-use variables.

	<b>Baseline</b>		<b>Follow-up</b>	
	<b>Mean</b>	<b>SD</b>	<b>Mean</b>	<b>SD</b>
Sleep (h/day)	8.77	1.09	8.39	1.16
Sedentary behaviour (h/day)	10.48	1.41	10.95	1.40
Light physical activity (h/day)	2.89	0.76	2.40	0.64
Moderate-to-vigorous physical activity (h/day)	1.07	0.40	0.96	0.40

Abbreviations: Mean = arithmetic mean, SD = standard deviation,  $p$  = p-value from the paired samples  $t$ -test.