

Supplementary Tables

Table S1. Subjective and actigraphy-based sleep parameters, stratified by chronotype categories.

	<b>E-types</b>	<b>M-types</b>				
	<i>N</i> = 53	<i>N</i> = 35				
	<i>M</i> ( <i>SD</i> )	<i>M</i> ( <i>SD</i> )	<i>F</i> test	<i>df</i>	<i>Error df</i>	<i>p</i> value
<b><i>Sleep Diary</i></b>						
<b>SOL in minutes</b>	21.24 (18.3)	14.52 (8.4)	4.21	1	82	<b>.04</b>
<i>Missing</i>	2	1				
<b>TST in hours</b>	7.47 (0.9)	7.76 (0.7)	1.01	1	82	.32
<i>Missing</i>	2	1				
<b>WASO in minutes</b>	9.30 (8.1)	9.40 (9.7)	0.004	1	82	.95
<i>Missing</i>	2	1				
<b><i>Actigraphy</i></b>						
<b>SOL in minutes</b>	21.60 (13.5)	14.23 (11.3)	4.01	1	75	<b>.05</b>
<i>Missing</i>	7	3				
<b>TST in hours</b>	6.71 (1.2)	6.74 (0.9)	0.03	1	75	.86
<i>Missing</i>	7	3				
<b>WASO in minutes</b>	28.50 (20.2)	31.82 (20.3)	0.55	1	75	.46
<i>Missing</i>	7	3				

p values result from **MANCOVAs with alcohol use as covariate.**

Table S2. Summary of Statistical Mediation Model

Model	Effect of IV on M(a)		Effect of M on DV(b)		Direct Effect(c) of IV on DV		Indirect Effect (SE) of IV on DV (a x b)	95% CI (a x b)
	Effect (SE)	<i>p</i>	Effect (SE)	<i>p</i>	Effect (SE)	<i>p</i>		
1 Subjective SOL (n=84)	-2.52(2.20)	.26	.43(.17)	<b>.01</b>	-5.90(3.32)	.08	-1.07(1.39)	-4.72 to .52
3 Objective SOL (n=79)	-2.54(2.30)	.27	-.19(.14)	.20	-7.61(2.91)	<b>.01</b>	.47(.70)	-.62 to 2.13

IV: Independent Variable (Chronotype), M: Mediator (pre-sleep rumination), DV: Dependent Variable (subjective /objective SOL)

Numbers in bold indicate significant results ( $p < .05$ ).

Table S3. Summary of Statistical Mediation Model, with alcohol consumption as covariate.

Model	Effect of IV on M(a)		Effect of M on DV(b)		Direct Effect(c) of IV on DV		Indirect Effect (SE) of IV on DV (a x b)	95% CI (a x b)
	Effect (SE)	p	Effect (SE)	p	Effect (SE)	p		
2 Subjective SOL (n=83)	-2.94 (2.35)	.22	.44 (.17)	<b>.01</b>	-6.10 (3.56)	.09	-1.29 (1.40)	-4.65 to .67
4 Objective SOL (n=76)	-3.53 (2.53)	.17	-.20 (.15)	.17	-7.15(3.19)	<b>.03</b>	.71 (.88)	-.51 to 2.88

IV: Independent Variable (chronotype), M: Mediator (pre-sleep rumination), DV: Dependent Variable (subjective / objective SOL).

Numbers in bold indicate significant results (p < .05).