Supplementary Table 1. Correlation between sleep measurements

	Sleep time	Efficiency[a]	Latency[b]	WASO[c]	Feeling rested (diary)	How compare to a usual night (diary)
Sleep time	--	-.25[d]	.22	.00	.16	.13
Efficiency[a]		---	.55[e]	.84[e]	.03	.02
Latency[b]			--	.40[e]	-.09	.03
WASO[c]				--	.02	.05
Feeling rested (diary)					--	.23

[a] Natural log transformed on (100 - Efficiency); [b] Natural log transformed; [c] Square root transformed

[d] p<0.10, [e] p<0.01