

Supplementary table 1. Standard waking hour definition across different age groups and weekdays

Grade	Mon-Thurs	Friday	Saturday	Sunday
1 st grade	06.30-20.30	06.30-22.00	08.00-22.00	08.00-20.30
2 nd grade	06.30-21.00	06.30-22.00	08.00-22.00	08.00-21.00
3 rd grade	06.30-21.00	06.30-22.30	08.00-22.30	08.00-21.00
4 th grade	06.30-21.30	06.30-22.30	08.00-22.30	08.00-21.30
5 th grade	06.30-22.00	06.30-23.00	08.00-23.00	08.00-22.00
6 th grade	06.30-22.00	06.30-23.00	08.00-23.00	08.00-22.00