



Figure S1—Total number of drinks consumed across diary period, mean number of drinks on drinking days, and B-YAACQ for four alcohol groups (nondrinkers, drinkers with no HED, drinkers with no more than 1 HED, and HED). Based on these data we collapsed the drinkers with no HED and drinkers with no more than 1 HED for the analyses in this paper. B-YAACQ = Brief-Young Adult Alcohol Consequences Questionnaire; HED = heavy episodic drinking.

Table S1—F-statistics, P-values, and effect sizes for analyses of variance examining nondrinkers, drinkers, and high school-/heavy episodic drinkers.

Sleep Variables	Main effect of alcohol group			Main effect of sex		
	F-statistic	P value	Eta ²	F-statistic	P value	Eta ²
Rise time (clock time, min)	$F_{1,641} = 7.78$	$P < 0.001$	0.024	$F_{1,641} = 25.09$	$P < 0.001$	0.038
Variability (SD) in rise time (min)	$F_{1,641} = 1.95$	$P = 0.14$	0.006	$F_{1,641} = 29.15$	$P < 0.001$	0.044
Bedtime (clock time, min)	$F_{1,641} = 5.07$	$P = 0.007$	0.016	$F_{1,641} = 10.04$	$P = 0.002$	0.015
Variability (SD) in bedtime (min)	$F_{1,641} = 1.68$	$P = 0.19$	0.005	$F_{1,641} = 3.25$	$P = 0.07$	0.005
Total sleep time (h)	$F_{1,641} = 0.27$	$P = 0.76$	0.001	$F_{1,641} = 2.04$	$P = 0.15$	0.003
Variability (SD) in total sleep time (h)	$F_{1,641} = 0.82$	$P = 0.44$	0.003	$F_{1,641} = 3.99$	$P = 0.05$	0.006

SD = standard deviation.