

Supplementary 1

Hierarchical regression analyses with theoretically-driven covariates included in the analyses, which represent all the variables measured in this study (physical activity, sleep habits, screen time and eating habits). Because of the limited sample size, we had to test separately each variable and, thereafter, we were able to test a combination of factors based on significant variables for each dependant variable.

Table S1. Hierarchical regression analysis regarding independent predictors of cognitive control in high school female students

Dependent variables	Independent variables	β	Total r^2	P value
Δ Flanker congruent MRT	Social media on WD at Y1	0.28	0.147	0.001
	Daily meals at Y1	-0.29		
Δ Flanker incongruent MRT	Daily meals at Y1	-0.24	0.099	0.012
	Social media on WD at Y1	0.22		
Δ 1-back accuracy	Daily meals at Y1	0.39	0.210	0.000
	Δ Total screen on WD	-0.24		
Δ 2-back accuracy	Δ Video games on WE	-0.32	0.100	0.007
Δ 2-back MRT	Social media on WD at Y1	0.41	0.206	0.000
	Daily meals at Y1	-0.25		

MRT: mean reaction time, WD: weekdays, WE: weekend, Y1: Year 1. None of the demographics variables (age, pubertal status and socioeconomic status) included in step 1 analysis remained in the final model. None of the lifestyle variables remained as a significant predictor for Δ in Flanker congruent accuracy, Δ in Flanker incongruent accuracy, Δ in 1-back MRT and Δ in d' .

Table S2. Hierarchical regression analysis regarding independent predictors of cognitive control in high school male students

Dependent variables	Independent variables	<i>b</i>	Total <i>r</i>²	<i>P</i> value
Δ2-back accuracy	ΔSocial media on WE	-0.28	0.081	0.024

MRT: mean reaction time, WD: weekdays, WE: weekend, Y1: Year 1. None of the demographics variables (age, pubertal status and socioeconomic status) included in step 1 analysis remained in the final model. None of the lifestyle variables remained as a significant predictor for Δ in Flanker congruent accuracy, Δ in Flanker incongruent accuracy, Δ in Flanker congruent MRT, Δ in Flanker incongruent MRT, Δ in 1-back accuracy, Δ in 1-back MRT, Δ in 2-back MRT and Δ in *d'*.

Table S3. Hierarchical regression analysis regarding independent predictors of academic performance in high school female students

Dependent variables	Independent variables	β	Total r^2	P value
Δ Language	Δ Wake-up time on WE	0.25	0.062	0.03

WE: weekend. None of the demographics variables (age, pubertal status and socioeconomic status) included in step 1 analysis remained in the final model. None of the lifestyle variables remained as a significant predictor for Δ in overall average, Δ in science, Δ in mathematics.

Table S4. Hierarchical regression analysis regarding independent predictors of academic performance in high school male students

Dependent variables	Independent variables	β	Total r^2	<i>P</i> value
Δ Overall average	Δ Daily servings of F/V	0.44	0.334	0.000
	Δ Bedtime on WD	-0.35		
Δ Science	Age	0.60	0.392	0.000
	Δ Studying time	0.24	0.059	0.009
Δ Mathematics	Age	-0.26	0.069	0.027
	Δ Bedtime on WD	-0.45	0.202	0.000
Δ Language	Δ Computer on WE	-0.39	0.179	0.001
	Video games on WE at Y1	-0.25		

F/V: fruits and vegetables, WD: weekdays, WE: Wweekend. None of the demographics variables (age, pubertal status and socioeconomic status) included in step 1 analysis remained in the final model for Δ in overall average and Δ in in language.