Table Questionnaires for chronotype

Name	Questions	Variables	Evaluation & Classification	
MEQ	19 items	● Sleep and wake-up times ● Preferred times for physical and Mental activity ● Subjective alertness	Definitely morning type Moderately morning type Intermediate type Moderately evening type Definitely evening type	70-86 59-69 42-58 31-41 16-30
MCTQ	29 items	**(workdays and work-free days)** ● SO_w/SO_f ● GU_w/GU_f ● SD_w/SD_f ● TBT_w/TBT_f ● MSW/MSF	**MSFsc** Extreme early type Moderate early type Slight early type Normal type Slight late type Moderate late type Extreme late type	
CSM	13 items	● Activity planning ● Morning alertness ● Evening alertness	Morning Type Intermediate Type Evening Type	44-55 23-43 13-22

SO: sleep onset; GU: local time of getting out of bed; SD: sleep duration; TBT: total time in bed; MS: mid-sleep. MSFsc: the mid-sleep on work-free days corrected for "oversleep" due to the sleep debt accumulated during the workdays, calculation: If $SD_f \leq SD_w$, MSFsc = MSF or If $SD_f > SD_w$, MSFsc = MSF - $(SD_f - SD_w)/2$. The categorization of chronotype by using MCTQ is based on quantile of the MSFsc scores in samples.