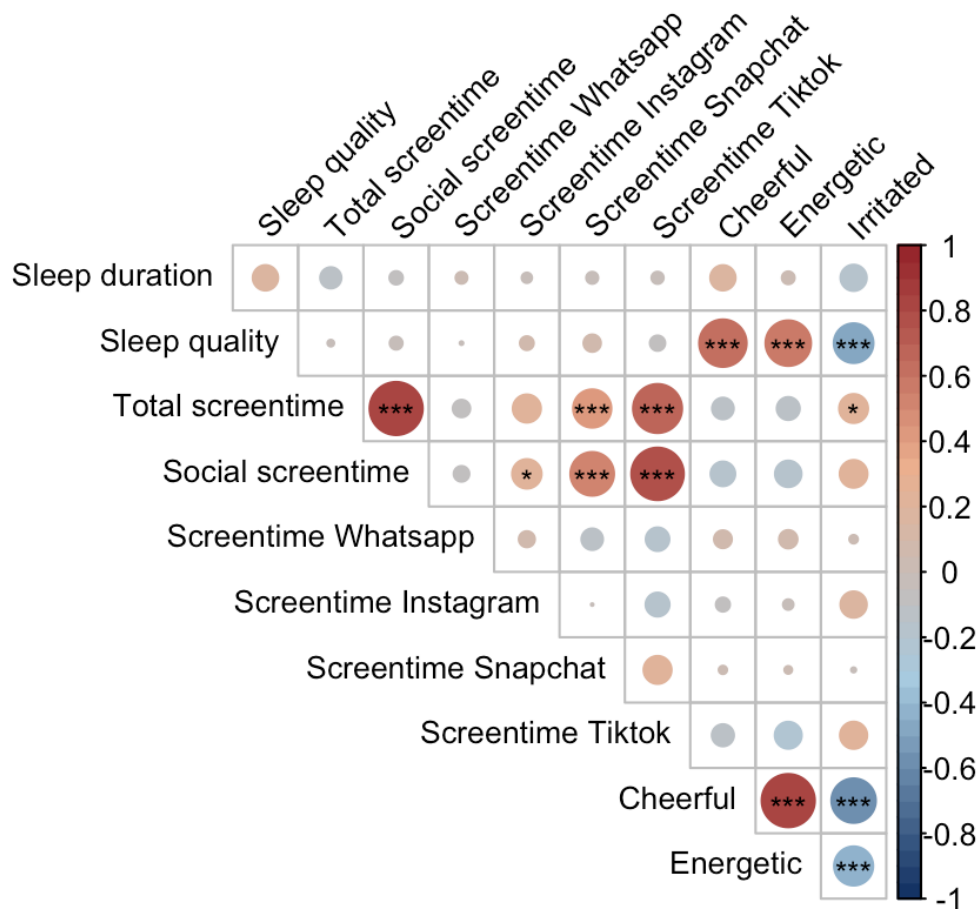


Supplementary Material



Supplemental Figure S1. Between-person connectivity between sleep, screen time and mood. *** = $p < 0.001$, ** = $p < 0.01$, * = $p < 0.05$

Total effect of screen time and sleep on adolescents' mood

Bivariate DSEM models were used to study the within-person lagged association between screen time and mood and between sleep and mood. The first three models studied the lagged effect between screen time and mood, meaning that the association between yesterday's screen time and today's mood (cheerful, energetic, irritated) was studied. In line with the within-person correlations, no significant lagged within-person association were found between total screen time and cheerful and irritated mood. A significant lagged within-person association was found between total screen time and energetic mood ($\beta = 0.054$). The next three models examined the lagged effect between sleep quality and mood, meaning that the association between last night's sleep quality and today's mood (cheerful, energetic, irritated) was studied. In line with the within-person correlations, significant lagged within-person association were found between sleep quality and all three mood measures ($\beta_{\text{cheerful}} = 0.103$, $\beta_{\text{energetic}} = 0.160$, $\beta_{\text{irritated}} = -0.050$).