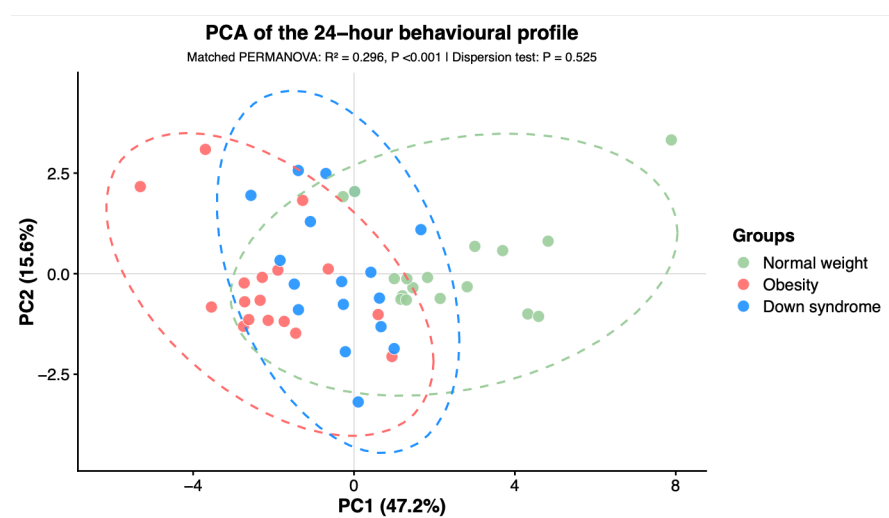




PC1 feature	Loading
Sedentary time	-0.391
Inactivity-to-PA transition	0.378
Light PA	0.371
M5 activity	0.354
MVPA	0.320
Intradaily variability	-0.282
Interdaily stability	0.279
PA-bout duration	0.263

PC2 feature	Loading
Relative amplitude	-0.542
Sleep regularity	-0.494
PA-bout duration	0.329
Intradaily variability	0.324
Sleep duration	-0.305
Sleep efficiency	-0.256
Inactivity-bout duration	0.232
Interdaily stability	-0.145

Supplementary Figure S1. Principal component analysis of the 24-hour behavioural profile. Points represent participants and dashed ellipses summarise the distributions of the three groups.