

Optional supplementary information files

Appendix 1.

	Mean ($\pm$ SD)	Range
During the past month, when have you usually gone to bed at night?	23.5 ($\pm$ 0.9) = 11:30 PM	8:30 PM - 4:00 AM
During the past month, how long (in minutes) did it usually take you to fall asleep?	21.3 ($\pm$ 21.3) min	0 - 180min
During the past month, when did usually you get up in the morning?	7.34 ($\pm$ 0.98) = 7:20 AM	5:00 AM - 5:00 PM
During the past month, how many hours of actual sleep did you get at night?	7.20 ($\pm$ 0.95) = 7h15	4 - 10h
During the past month, how often have you had trouble sleeping because you... Following questions could be answered by: 1. Not during the past month 2. Less than once a week 3. Once or twice a week 4. Three or more times a week		
Could not get to sleep within 30 minutes	1.	152 (32%)
	2.	135 (28%)
	3.	88 (18%)
	4.	102 (21%)
Woke up in the middle of the night or early morning	1.	125 (26%)
	2.	113 (24%)
	3.	131 (27%)
	4.	108 (23%)
Had to get up to use the bathroom	1.	275 (58%)
	2.	90 (19%)
	3.	64 (13%)
	4.	48 (10%)
Could not breathe comfortably	1.	423 (88%)
	2.	28 (6%)
	3.	16 (3%)
	4.	10 (2%)
Coughed or snored loudly	1.	411 (86%)
	2.	35 (7%)
	3.	19 (4%)
	4.	12 (3%)
Felt too cold	1.	399 (84%)

	2. 57 (12%)
	3. 19 (4%)
	4. 2 (0.4%)
Felt too hot	1. 107 (22%)
	2. 122 (26%)
	3. 172 (36%)
	4. 76 (16%)
Experienced bad dreams	1. 306 (64%)
	2. 97 (20%)
	3. 49 (10%)
	4. 25 (5%)
Had pain	1. 413 (86%)
	2. 44 (9%)
	3. 11 (2%)
	4. 9 (2%)
Reported other reasons: Open and optional question, 259 answers. The five most recurring words: 1. Stress (n=64) 2. Thoughts (n=38) 3. Revisions (n=31) 4. Noise (n=21) 5. Problems (n=14)	1. 2 (0.7%)
	2. 51 (19%)
	3. 98 (38%)
	4. 108 (42%)
During the past month, how would you rate your sleep quality overall? (From 1 = Very good to 4 = Very bad)	1. 47 (10%)
	2. 168 (35%)
	3. 202 (42%)
	4. 60 (12%)
Following questions could be answered by: 1. Not during the past month 2. Less than once a week 3. Once or twice a week 4. Three or more times a week	
During the past month, how often have you taken medicine (prescribed or over-the-counter) to help you sleep?	1. 424 (89%)
	2. 22 (4%)
	3. 13 (3%)
	4. 19 (4%)
During the past month, how often have you had trouble staying awake while driving, eating meals, or engaging in social activities?	1. 284 (60%)
	2. 100 (21%)
	3. 66 (14%)
	4. 27 (5%)
During the past month, how much of a problem has it been for you to keep up enthusiasm to get things done?	1. 95 (20%)
	2. 230 (48%)
	3. 110 (23%)

	4. 42 (9%)
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Pittsburgh Sleep Quality Index (PSQI) results. The PSQI score ranged from 0 to 21, a high score translating into a high level of sleep disturbance. A score $\geq 6/21$ was the threshold to screen for sleep disturbance. Five questionnaires were not included in the final analysis, due to aberrant answers, e.g., answer for sleeping hours equal to “0”. In the open question asking about reasons for sleep trouble, the most occurring words (excluding linking words, e.g., “the”, “of”) are presented as follows: English translation (number of occurrences). Numbers of occurrences were identified using the R software.

Appendix 2.

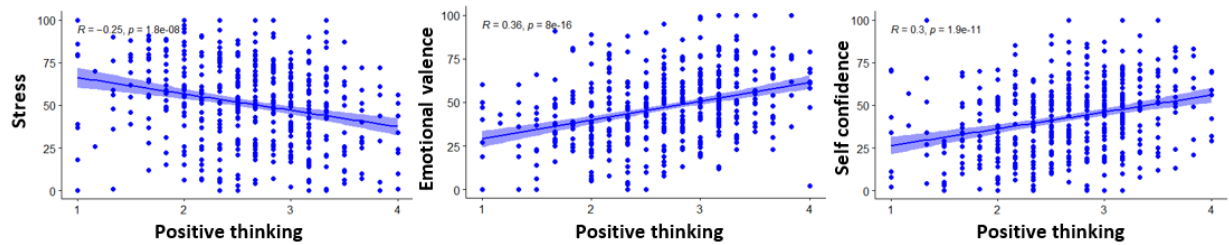
Question	Number of Yes (%)	Focused question	Mean ($\pm$ SD)	Range
Does your work involve vigorous-intensity activity that causes large increases in breathing or heart rate like [carrying or lifting heavy loads, digging or construction work] for at least 10 minutes continuously?	26 (5.7)	In a typical week, on how many days do you do vigorous-intensity activities as part of your work?	2.9 ($\pm$ 1.9)	1 - 6
		How much time (minutes) do you spend doing vigorous-intensity activities at work on a typical day?	78.3 ($\pm$ 57.3)	15 - 270
Does your work involve moderate-intensity activity that causes small increases in breathing or heart rate such as brisk walking [<i>or carrying light loads</i>] for at least 10 minutes continuously?	134 (29.5)	In a typical week, on how many days do you do moderate-intensity activities as part of your work?	3.7 ($\pm$ 1.7)	1 - 7
		How much time (minutes) do you spend doing moderate-intensity activities at work on a typical day?	77.1 ($\pm$ 57.1)	10 - 270
Do you walk or use a bicycle (<i>pedal cycle</i>) for at least 10 minutes continuously to get to and from places?	409 (90.0)	In a typical week, on how many days do you walk or bicycle for at least 10 minutes continuously to get to and from places?	5.5 ($\pm$ 1.5)	1 - 7
		How much time (minutes) do you spend walking or bicycling for travel on a typical day?	42.3 ($\pm$ 28.0)	5 - 240
Do you do any vigorous-intensity sports, fitness or recreational (<i>leisure</i>) activities that cause large increases in breathing or heart rate like [<i>running or football,</i>] for at least 10 minutes continuously?	355 (78.3)	In a typical week, on how many days do you do vigorous-intensity sports, fitness or recreational (<i>leisure</i>) activities?	2.7 ($\pm$ 1.5)	1 - 7
		How much time (minutes) do you spend doing vigorous-intensity sports, fitness or recreational activities on a typical day?	64.8 ($\pm$ 38.1)	10 - 360
Do you do any moderate-intensity sports, fitness or recreational (<i>leisure</i>) activities that causes a small increase in breathing or heart rate such as brisk walking (<i>cycling, swimming, volleyball</i>) for at least 10 minutes continuously?	293 (64.7)	In a typical week, on how many days do you do moderate-intensity sports, fitness or recreational (<i>leisure</i>) activities?	2.8 ($\pm$ 1.8)	1 - 7
		How much time (minutes) do you spend doing moderate-intensity sports, fitness or recreational (<i>leisure</i>) activities on a typical day?	54.6 ($\pm$ 37.1)	10 - 300

How much time (hours) do you usually spend sitting or reclining on a typical day?	9.0 ($\pm$ 2.4)	0 - 16
GPAQ total score (MET-minutes/week)	2818 ($\pm$ 2083)	0 - 12960
minutes-weeks	554 ($\pm$ 403)	0 - 2280

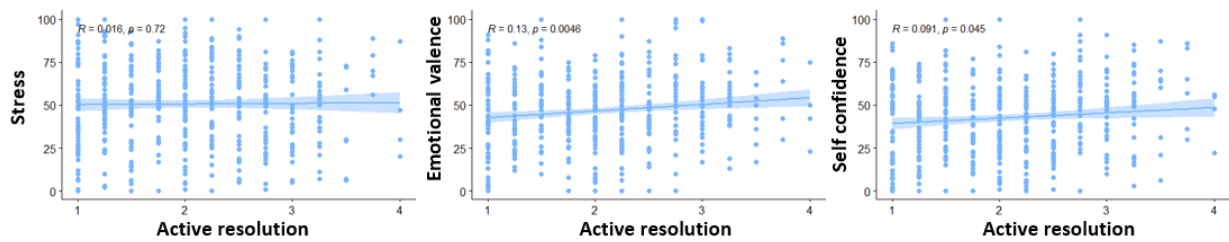
Global Physical Activity Questionnaire (GPAQ) results. From these data, a score in MET-minute/week can be calculated. The WHO recommends a minimal physical activity of 600 MET-minutes per week, which correspond to 150 minutes of moderate-intensity physical activity per week, or an equivalent. Twenty-nine questionnaires were excluded from further analysis due to missing data and/or aberrant answers (e.g., a subdomain of physical activity greater than 16 hours per day).

Appendix 3.

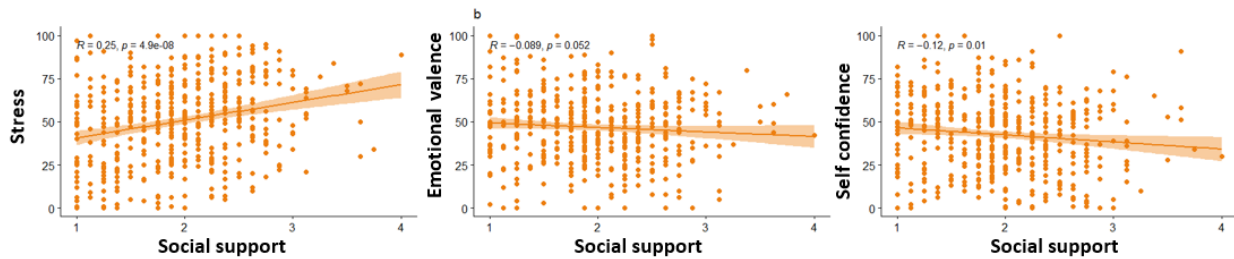
A. Positive thinking



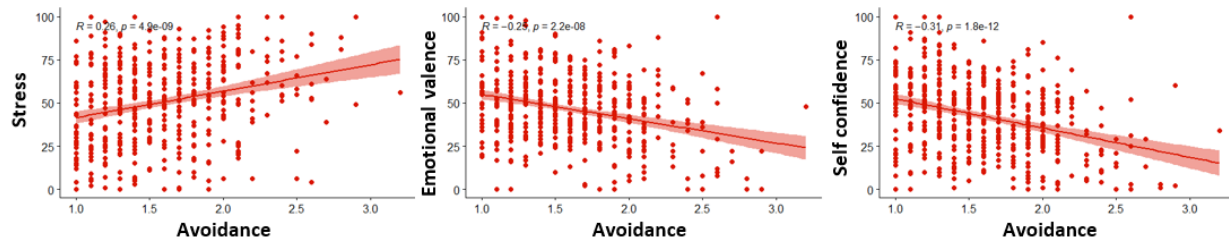
B. Active resolution



C. Social support



D. Avoidance

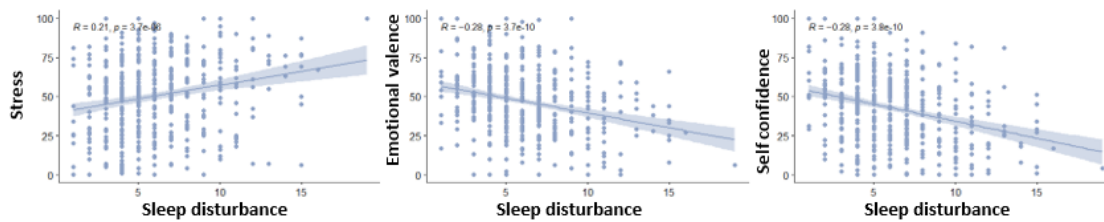


Spearman correlations between coping behaviors (positive thinking, active resolution, social support, avoidance) and instant psychological well-being on the examination day. Coping behavior scores were extracted from the Brief Cope Inventory. Each component of the instant psychological well-being was assessed through a multi-dimensional visual analogue scale of 100 mm, giving a score ranging from 0 to 100 (stress: 0 “no stress” to 100 “very high” level of stress; emotional valence: 0 “very negative” to 100 “very positive” feeling; self-confidence: 0

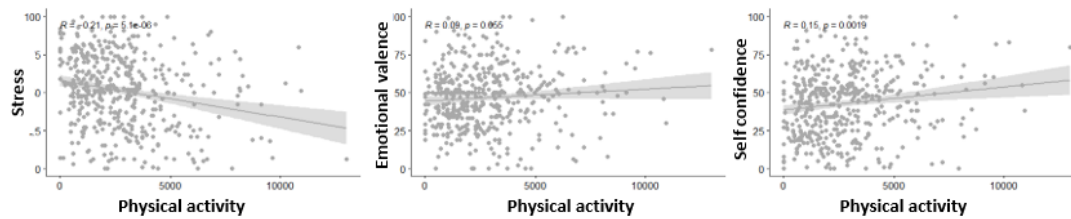
“very low” to 100 “very high” self-confidence). Engagement in each behavior ranges from 1 to 4. R: correlation factor.

Appendix 4.

A. Sleep disturbance



B. Physical activity



Correlations between health-related behaviors (sleep disturbance, physical activity) and the instant psychological well-being on the examination day. Each component of the instant psychological well-being was assessed through a multi-dimensional visual analogue scale of 100 mm, giving a score ranging from 0 to 100 (stress: 0 “no stress” to 100 “very high” level of stress; emotional valence: 0 “very negative” to 100 “very positive” feeling; self-confidence: 0 “very low” to 100 “very high” self-confidence). The PSQI questionnaire was used to assess sleep disturbance, a higher score corresponding to poorer sleep. The GPAQ questionnaire identified the level of physical activity in MET-minutes/week, a higher score corresponding to a higher level of physical activity. R: correlation factor.