

Characteristics		N = 770
Biological sex (n %)	<i>Female</i>	414 53.76%
	<i>Male</i>	356 46.23%
Age (years)	<i>mean ± SD</i>	28.86 ± 3.61
	<i>range</i>	[22 - 36]
Education (years)	<i>mean ± SD</i>	15.02 ± 1.73
	<i>range</i>	[11 - 17]
Race (n %)	<i>Am. Indian/Alaskan Nat.</i>	2 0.25%
	<i>Asian/Nat. Hawaiian/Other Pacific Is.</i>	42 5.45%
	<i>Black or African Am.</i>	90 11.68%
	<i>More than one</i>	19 2.46%
	<i>Unknown or Not Reported</i>	16 2.07%
	<i>White</i>	601 78.05%
Ethnicity (n %)	<i>Hispanic/Latino</i>	78 10.12%
	<i>Not Hispanic/Latino</i>	684 88.83%
	<i>Unknown or Not Reported</i>	8 1.03%
Employment status (n %)	<i>Full-time</i>	545 70.77%
	<i>Part-time</i>	132 17.14%
	<i>Not working</i>	93 12.07%
School status (n %)	<i>In school</i>	158 20.51%
	<i>Not in school</i>	612 79.48%
Yearly income (n %)	<i><10'000 US\$</i>	50 6.49%
	<i>10'000 - 20'000 US\$</i>	50 6.49%
	<i>20'000 - 30'000 US\$</i>	94 12.20%
	<i>30'000 - 40'000 US\$</i>	101 13.11%
	<i>40'000 - 50'000 US\$</i>	76 9.87%
	<i>50'000 - 75'000 US\$</i>	165 21.42%
	<i>75'000 - 100'000 US\$</i>	112 14.54%
	<i>> 100'00 US\$</i>	122 15.84%
Relationship status (n %)	<i>In a relationship</i>	363 47.14%
	<i>Not in a relationship</i>	407 52.85%
PSQI total score	<i>mean ± SD</i>	5.14 ± 2.17
	<i>range</i>	[0 - 19]

PSQI, Pittsburgh sleep quality index

Table 1