|  |  |  |
| --- | --- | --- |
|  | N | % or  years (SD) |
| Semester |  |  |
| 1st semester | 493 | 33.5 |
| 2nd semester | 977 | 66.5 |
| Sex |  |  |
| Male | 853 | 58.0 |
| Female | 617 | 42.0 |
| Excessive daytime sleepiness |  |  |
| Total | 830 | 56.5 |
| Male | 453 | 53.1 |
| Female | 377 | 61.1 |
| Age (years) |  |  |
|  |  | 19.0 (1.0) |
| 18 | 425 | 28.9 |
| 19 | 720 | 49.0 |
| ≥ 20 | 325 | 22.1 |
| Regular exercise |  |  |
| No | 1,155 | 78.6 |
| Yes | 315 | 21.4 |
| Commuting time to the university (min) |  |  |
| < 15 | 207 | 14.1 |
| 15–< 30 | 326 | 22.2 |
| 30–< 60 | 293 | 19.9 |
| 60–< 90 | 231 | 15.7 |
| ≥ 90 | 413 | 28.1 |
| Living situation |  |  |
| Living alone | 595 | 40.5 |
| Living with others | 875 | 59.5 |
| Bedtime (h) |  |  |
| < 24 | 225 | 15.3 |
| 24–< 1 | 570 | 38.8 |
| 1–< 2 | 499 | 33.9 |
| ≥ 2 | 176 | 12.0 |
| Wake-up time (h) |  |  |
| < 7 | 543 | 36.9 |
| 7–< 8 | 526 | 35.8 |
| 8–< 9 | 276 | 18.8 |
| ≥ 9 | 125 | 8.5 |
| Sleep duration (min) |  |  |
| < 300 | 71 | 4.8 |
| 300–< 359 | 334 | 22.7 |
| 360–< 420 | 565 | 38.4 |
| ≥ 420 | 500 | 34.0 |

**Table 1 Demographic and lifestyle variables and sleep habits of the participants**

SD, standard deviation.