

Scale Scoring

Charlotte Attitudes Towards Sleep (CATS) Scale: 10-item scale measures attitudes about sleep, includes 2 subscales: *Benefits* (Items 1, 3, 5, 8, and 9) and *Time Commitment* (Items 2, 4, 6, 7, and 10). Items are rated on a 7-item Likert scale (1 = “Strongly Disagree”, 7 = “Strongly Agree”). The Time commitment subscale questions are reverse scored, and then scores are averaged for a total score between 1 to 7, with higher scores indicating more favourable attitudes about sleep. Scores on the subscales can also be attained by averaging the subscale scores.

Seeking social support scale: This scale includes 12 items which are rated on a 5-item Likert scale (1 = “Not at all”, to 5 = “A lot”). Scores are averaged, with higher scores reflecting a higher degree of actively seeking social support

Cognitive Affective Scale of Mindfulness Revised (CAMS-R): In total, this scale has 12 items. Each of the 4 subscales (*Attention, Awareness, Focus, and Acceptance*) has 3 items. Items are scaled on 4-item Likert scale of how often the individual engages in mindfulness (1 = “Rarely/Not at all”, to 4 = “Almost always”), with select items being reverse-scored (Questions 2, 6, and 7). Scores are then summed, with higher scores representing increased mindfulness.

Difficulties in Emotion Regulation Scale (DERS-16): This 16-item scale has five subscales: *Lack of emotional clarity, Nonacceptance of negative emotions, Impulse control difficulties under distress, Limited access to effective emotion regulation strategies, Difficulties in goal-directed behavior*. Items are scored on a five-item Likert scale. Scores are summed, with higher scores indicating a higher degree of emotion dysregulation

Godin-Shephard Leisure-Time Physical Activity Questionnaire: Higher scores indicating a higher level of activity

Depression Anxiety Stress Scale-21 (DASS-21): This scale has 3 subscales: *Depression, Anxiety, Stress*. The 21 items are rated on a 4-point Likert scale (0 = “Did not apply to me at all”, to 3 = “Applied to me very much or most of the time”). Scores are then summed and doubled. Higher scores are reflective of increased experiences of mental health symptoms.

Generalized Anxiety Disorder 2 (GAD-2): The 2-items are rated on a 4-point Likert scale (0 = “Not at all”, to 3 = “Nearly every day”). Scores are summed.

Patient Health Questionnaire-2 (PHQ-2): The 2-items are rated on a 4-point Likert scale (0 = “Not at all”, to 3 = “Nearly every day”). Scores are summed.

Perceived Stress Scale (PSS): This scale includes 10 questions which are rated on a 5-point Likert scale (0 = “Never”, to 4 = “Very often”). Four items are reversed scored (Questions 4, 5, 7, 8). Scores are then summed, with higher scores indicating a heightened experience of stress.

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