MCTQ variables

- for chronotype (MFS$_{sc}$) computation see page 2 -

Name	Statement	Format	Workdays		Work-free days	
			Abbreviation	Computation	Abbreviation	Computation
Basic variables						
Local time of going to bed	I go to bed at … o'clock'.	hh:mm	BT_W	-	BT_f	-
Local time of preparing to sleep	I actually get ready to fall asleep at … o'clock.	hh:mm	$SPrep_W$	-	$SPrep_f$	-
Sleep latency	I need ... minutes to fall asleep.	mm	$SLat_W$	-	$SLat_f$	-
Sleep end	I wake up at … o'clock.	hh:mm	SE_W	-	SE_f	-
Alarm clock use	with an alarm clock/without an alarm clock	y/n	$Alarm_W$	-	$Alarm_f$	-
Sleep inertia	After ... minutes, I get up.	mm	SI_W	-	SI_f	-
Number of work-/work-free days per week	I have a regular work schedule and work … days per week.	n	WD	-	FD	7-WD
Light exposure	On average, I spend the following amount of time outdoors in daylight (without a roof above my head)	hh:mm	LE_W	-	LE_f	-
Computed variables						
Sleep onset	-	hh:mm	SO_W	$SPrep_W + SLat_W$	SO_f	$SPrep_f + SLat_f$
Local time of getting out of bed	-	hh:mm	GU_W	$SE_W + SI_W$	GU_f	$SE_f + SI_f$
Sleep duration	-	hh:mm	SD_W	$SE_W - SO_W$	SD_f	$SE_f - SO_f$
Total time in bed	-	hh:mm	TBT_W	$GU_W - BT_W$	TBT_f	$GU_f - BT_f$
Mid-Sleep	-	hh:mm	MSW	$SO_W + SD_W/2$	MSF	$SO_f + SD_f/2$

Computed variables combining workdays and work-free days			
Name	**Format**	**Abbreviation**	**Computation**
Average weekly sleep duration	hh:mm	SD_{week}	$(SD_W \times WD + SD_f \times FD)/7$
Chronotype (only computable if $Alarm_f$ = no)	hh:mm	**MSF_{sc}**	If $SD_f \leq SD_W$: MSF If $SD_f > SD_W$: $MSF - (SD_f - SD_{week})/2$
Weekly sleep loss	hh:mm	$SLoss_{week}$	If $SD_{week} > SD_W$: $(SD_{week} - SD_W) \times WD$ If $SD_{week} \leq SD_W$: $(SD_{week} - SD_f) \times FD$
Relative social jetlag	hh:mm	SJL_{rel}	$MSF - MSW$
Absolute social jetlag	hh:mm	SJL	$\lvert MSF - MSW \rvert$
Average weekly light exposure	hh:mm	LE_{week}	$(LE_W \times WD + LE_f \times FD)/7$