### Sleep efficiency (%)

### Sleep onset latency (min)

### Wake time after sleep onset (min)

### Total sleep time (min)

| SD Measure | term | estimate | std.error | conf.level | conf.low | conf.high | statistic | df.error | p.value | component | effect |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| SE | (Intercept) | -0.47 | 0.55 | 0.95 | -1.56 | 0.62 | -0.84 | Inf | 0.40 | conditional | fixed |
| SE | idade | 0.00 | 0.00 | 0.95 | -0.01 | 0.01 | 0.15 | Inf | 0.88 | conditional | fixed |
| SE | sexoMasculino | 0.27 | 0.12 | 0.95 | 0.04 | 0.51 | 2.32 | Inf | 0.02 | conditional | fixed |
| SE | superior\_completoSim | 0.34 | 0.12 | 0.95 | 0.11 | 0.58 | 2.86 | Inf | 0.00 | conditional | fixed |
| SE | neuroticismo\_escore\_t | 0.00 | 0.00 | 0.95 | -0.01 | 0.01 | 0.60 | Inf | 0.55 | conditional | fixed |
| SE | extroversao\_escore\_t | 0.01 | 0.00 | 0.95 | 0.00 | 0.02 | 2.02 | Inf | 0.04 | conditional | fixed |
| SE | amabilidade\_escore\_t | 0.01 | 0.00 | 0.95 | -0.00 | 0.02 | 1.87 | Inf | 0.06 | conditional | fixed |
| SE | conscienciosidade\_escore\_t | 0.00 | 0.00 | 0.95 | -0.01 | 0.01 | 0.62 | Inf | 0.54 | conditional | fixed |
| SE | abertura\_escore\_t | -0.00 | 0.00 | 0.95 | -0.01 | 0.01 | -0.51 | Inf | 0.61 | conditional | fixed |
| SE | (Intercept) | 14.08 |  | 0.95 | 11.36 | 17.45 |  |  |  | dispersion | fixed |
| SOL | (Intercept) | 5.08 | 0.79 | 0.95 | 3.54 | 6.62 | 6.47 | Inf | 0.00 | conditional | fixed |
| SOL | idade | -0.01 | 0.00 | 0.95 | -0.02 | 0.00 | -1.38 | Inf | 0.17 | conditional | fixed |
| SOL | sexoMasculino | -0.42 | 0.16 | 0.95 | -0.74 | -0.11 | -2.64 | Inf | 0.01 | conditional | fixed |
| SOL | superior\_completoSim | -0.32 | 0.16 | 0.95 | -0.64 | -0.00 | -1.98 | Inf | 0.05 | conditional | fixed |
| SOL | neuroticismo\_escore\_t | -0.01 | 0.01 | 0.95 | -0.02 | 0.01 | -1.02 | Inf | 0.31 | conditional | fixed |
| SOL | extroversao\_escore\_t | -0.00 | 0.01 | 0.95 | -0.01 | 0.01 | -0.28 | Inf | 0.78 | conditional | fixed |
| SOL | amabilidade\_escore\_t | -0.00 | 0.01 | 0.95 | -0.01 | 0.01 | -0.36 | Inf | 0.72 | conditional | fixed |
| SOL | conscienciosidade\_escore\_t | -0.01 | 0.01 | 0.95 | -0.02 | 0.00 | -1.72 | Inf | 0.09 | conditional | fixed |
| SOL | abertura\_escore\_t | 0.01 | 0.01 | 0.95 | -0.00 | 0.02 | 1.74 | Inf | 0.08 | conditional | fixed |
| SOL | (Intercept) | -0.00 | 11511.37 | 0.95 | -22561.87 | 22561.87 | -0.00 | Inf | 1.00 | zero\_inflated | fixed |
| SOL | idade | -0.06 | 101.13 | 0.95 | -198.27 | 198.15 | -0.00 | Inf | 1.00 | zero\_inflated | fixed |
| SOL | sexoMasculino | -0.00 | 1762.36 | 0.95 | -3454.16 | 3454.16 | -0.00 | Inf | 1.00 | zero\_inflated | fixed |
| SOL | neuroticismo\_escore\_t | -0.08 | 89.24 | 0.95 | -174.98 | 174.82 | -0.00 | Inf | 1.00 | zero\_inflated | fixed |
| SOL | extroversao\_escore\_t | -0.06 | 85.20 | 0.95 | -167.05 | 166.93 | -0.00 | Inf | 1.00 | zero\_inflated | fixed |
| SOL | amabilidade\_escore\_t | -0.07 | 67.02 | 0.95 | -131.43 | 131.28 | -0.00 | Inf | 1.00 | zero\_inflated | fixed |
| SOL | conscienciosidade\_escore\_t | -0.07 | 93.19 | 0.95 | -182.71 | 182.57 | -0.00 | Inf | 1.00 | zero\_inflated | fixed |
| SOL | abertura\_escore\_t | -0.06 | 59.27 | 0.95 | -116.23 | 116.10 | -0.00 | Inf | 1.00 | zero\_inflated | fixed |
| SOL | (Intercept) | 0.75 |  | 0.95 | 0.67 | 0.82 |  |  |  | dispersion | fixed |
| WASO | (Intercept) | 3.83 | 0.95 | 0.95 | 1.96 | 5.69 | 4.02 | Inf | 0.00 | conditional | fixed |
| WASO | idade | 0.02 | 0.01 | 0.95 | 0.01 | 0.03 | 2.86 | Inf | 0.00 | conditional | fixed |
| WASO | sexoMasculino | -0.27 | 0.18 | 0.95 | -0.62 | 0.08 | -1.50 | Inf | 0.13 | conditional | fixed |
| WASO | superior\_completoSim | -0.14 | 0.19 | 0.95 | -0.50 | 0.23 | -0.74 | Inf | 0.46 | conditional | fixed |
| WASO | neuroticismo\_escore\_t | -0.00 | 0.01 | 0.95 | -0.02 | 0.01 | -0.21 | Inf | 0.84 | conditional | fixed |
| WASO | extroversao\_escore\_t | -0.02 | 0.01 | 0.95 | -0.04 | -0.01 | -2.98 | Inf | 0.00 | conditional | fixed |
| WASO | amabilidade\_escore\_t | -0.00 | 0.01 | 0.95 | -0.02 | 0.01 | -0.53 | Inf | 0.60 | conditional | fixed |
| WASO | conscienciosidade\_escore\_t | -0.00 | 0.01 | 0.95 | -0.01 | 0.01 | -0.02 | Inf | 0.99 | conditional | fixed |
| WASO | abertura\_escore\_t | 0.00 | 0.01 | 0.95 | -0.01 | 0.02 | 0.64 | Inf | 0.52 | conditional | fixed |
| WASO | (Intercept) | -4.79 | 5.51 | 0.95 | -15.59 | 6.01 | -0.87 | Inf | 0.38 | zero\_inflated | fixed |
| WASO | idade | -0.09 | 0.06 | 0.95 | -0.20 | 0.02 | -1.60 | Inf | 0.11 | zero\_inflated | fixed |
| WASO | sexoMasculino | -0.65 | 1.24 | 0.95 | -3.07 | 1.78 | -0.52 | Inf | 0.60 | zero\_inflated | fixed |
| WASO | neuroticismo\_escore\_t | 0.07 | 0.05 | 0.95 | -0.03 | 0.16 | 1.41 | Inf | 0.16 | zero\_inflated | fixed |
| WASO | extroversao\_escore\_t | -0.05 | 0.05 | 0.95 | -0.14 | 0.05 | -0.99 | Inf | 0.32 | zero\_inflated | fixed |
| WASO | amabilidade\_escore\_t | 0.00 | 0.04 | 0.95 | -0.08 | 0.08 | 0.01 | Inf | 0.99 | zero\_inflated | fixed |
| WASO | conscienciosidade\_escore\_t | 0.07 | 0.05 | 0.95 | -0.04 | 0.17 | 1.24 | Inf | 0.22 | zero\_inflated | fixed |
| WASO | abertura\_escore\_t | -0.00 | 0.04 | 0.95 | -0.08 | 0.08 | -0.05 | Inf | 0.96 | zero\_inflated | fixed |
| WASO | (Intercept) | 0.85 |  | 0.95 | 0.76 | 0.94 |  |  |  | dispersion | fixed |
| TST | (Intercept) | 301.74 | 69.05 | 0.95 | 166.41 | 437.08 | 4.37 | Inf | 0.00 | conditional | fixed |
| TST | idade | -1.58 | 0.49 | 0.95 | -2.55 | -0.62 | -3.22 | Inf | 0.00 | conditional | fixed |
| TST | sexoMasculino | -8.13 | 14.11 | 0.95 | -35.79 | 19.53 | -0.58 | Inf | 0.56 | conditional | fixed |
| TST | superior\_completoSim | 36.70 | 14.97 | 0.95 | 7.35 | 66.04 | 2.45 | Inf | 0.01 | conditional | fixed |
| TST | neuroticismo\_escore\_t | 0.77 | 0.55 | 0.95 | -0.32 | 1.85 | 1.38 | Inf | 0.17 | conditional | fixed |
| TST | extroversao\_escore\_t | 0.89 | 0.55 | 0.95 | -0.20 | 1.97 | 1.61 | Inf | 0.11 | conditional | fixed |
| TST | amabilidade\_escore\_t | 0.33 | 0.57 | 0.95 | -0.80 | 1.45 | 0.57 | Inf | 0.57 | conditional | fixed |
| TST | conscienciosidade\_escore\_t | 0.04 | 0.60 | 0.95 | -1.14 | 1.21 | 0.06 | Inf | 0.95 | conditional | fixed |
| TST | abertura\_escore\_t | 0.48 | 0.53 | 0.95 | -0.55 | 1.51 | 0.91 | Inf | 0.36 | conditional | fixed |
| TST | (Intercept) | 68.43 |  | 0.95 | 61.30 | 76.38 |  |  |  | dispersion | fixed |

| SD Measure | Parameter | Coefficient | SE | CI | CI\_low | CI\_high | z | df\_error | p | Component | Effects |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| SE | (Intercept) | -0.47 [-1.56, 0.62] | 0.55 | 0.95 | -1.56 | 0.62 | -0.84 | Inf | 0.40 | conditional | fixed |
| SE | idade | 0 [-0.01, 0.01] | 0.00 | 0.95 | -0.01 | 0.01 | 0.15 | Inf | 0.88 | conditional | fixed |
| SE | sexoMasculino | 0.27 [0.04, 0.51] | 0.12 | 0.95 | 0.04 | 0.51 | 2.32 | Inf | 0.02 | conditional | fixed |
| SE | superior\_completoSim | 0.34 [0.11, 0.58] | 0.12 | 0.95 | 0.11 | 0.58 | 2.86 | Inf | 0.00 | conditional | fixed |
| SE | neuroticismo\_escore\_t | 0 [-0.01, 0.01] | 0.00 | 0.95 | -0.01 | 0.01 | 0.60 | Inf | 0.55 | conditional | fixed |
| SE | extroversao\_escore\_t | 0.01 [0, 0.02] | 0.00 | 0.95 | 0.00 | 0.02 | 2.02 | Inf | 0.04 | conditional | fixed |
| SE | amabilidade\_escore\_t | 0.01 [0, 0.02] | 0.00 | 0.95 | -0.00 | 0.02 | 1.87 | Inf | 0.06 | conditional | fixed |
| SE | conscienciosidade\_escore\_t | 0 [-0.01, 0.01] | 0.00 | 0.95 | -0.01 | 0.01 | 0.62 | Inf | 0.54 | conditional | fixed |
| SE | abertura\_escore\_t | 0 [-0.01, 0.01] | 0.00 | 0.95 | -0.01 | 0.01 | -0.51 | Inf | 0.61 | conditional | fixed |
| SE | (Intercept) | 14.08 [11.36, 17.45] |  | 0.95 | 11.36 | 17.45 |  |  |  | dispersion | fixed |
| SOL | (Intercept) | 5.08 [3.54, 6.62] | 0.79 | 0.95 | 3.54 | 6.62 | 6.47 | Inf | 0.00 | conditional | fixed |
| SOL | idade | -0.01 [-0.02, 0] | 0.00 | 0.95 | -0.02 | 0.00 | -1.38 | Inf | 0.17 | conditional | fixed |
| SOL | sexoMasculino | -0.42 [-0.74, -0.11] | 0.16 | 0.95 | -0.74 | -0.11 | -2.64 | Inf | 0.01 | conditional | fixed |
| SOL | superior\_completoSim | -0.32 [-0.64, 0] | 0.16 | 0.95 | -0.64 | -0.00 | -1.98 | Inf | 0.05 | conditional | fixed |
| SOL | neuroticismo\_escore\_t | -0.01 [-0.02, 0.01] | 0.01 | 0.95 | -0.02 | 0.01 | -1.02 | Inf | 0.31 | conditional | fixed |
| SOL | extroversao\_escore\_t | 0 [-0.01, 0.01] | 0.01 | 0.95 | -0.01 | 0.01 | -0.28 | Inf | 0.78 | conditional | fixed |
| SOL | amabilidade\_escore\_t | 0 [-0.01, 0.01] | 0.01 | 0.95 | -0.01 | 0.01 | -0.36 | Inf | 0.72 | conditional | fixed |
| SOL | conscienciosidade\_escore\_t | -0.01 [-0.02, 0] | 0.01 | 0.95 | -0.02 | 0.00 | -1.72 | Inf | 0.09 | conditional | fixed |
| SOL | abertura\_escore\_t | 0.01 [0, 0.02] | 0.01 | 0.95 | -0.00 | 0.02 | 1.74 | Inf | 0.08 | conditional | fixed |
| SOL | (Intercept) | 0 [-22561.87, 22561.87] | 11511.37 | 0.95 | -22561.87 | 22561.87 | -0.00 | Inf | 1.00 | zero\_inflated | fixed |
| SOL | idade | -0.06 [-198.27, 198.15] | 101.13 | 0.95 | -198.27 | 198.15 | -0.00 | Inf | 1.00 | zero\_inflated | fixed |
| SOL | sexoMasculino | 0 [-3454.16, 3454.16] | 1762.36 | 0.95 | -3454.16 | 3454.16 | -0.00 | Inf | 1.00 | zero\_inflated | fixed |
| SOL | neuroticismo\_escore\_t | -0.08 [-174.98, 174.82] | 89.24 | 0.95 | -174.98 | 174.82 | -0.00 | Inf | 1.00 | zero\_inflated | fixed |
| SOL | extroversao\_escore\_t | -0.06 [-167.05, 166.93] | 85.20 | 0.95 | -167.05 | 166.93 | -0.00 | Inf | 1.00 | zero\_inflated | fixed |
| SOL | amabilidade\_escore\_t | -0.07 [-131.43, 131.28] | 67.02 | 0.95 | -131.43 | 131.28 | -0.00 | Inf | 1.00 | zero\_inflated | fixed |
| SOL | conscienciosidade\_escore\_t | -0.07 [-182.71, 182.57] | 93.19 | 0.95 | -182.71 | 182.57 | -0.00 | Inf | 1.00 | zero\_inflated | fixed |
| SOL | abertura\_escore\_t | -0.06 [-116.23, 116.1] | 59.27 | 0.95 | -116.23 | 116.10 | -0.00 | Inf | 1.00 | zero\_inflated | fixed |
| SOL | (Intercept) | 0.75 [0.67, 0.82] |  | 0.95 | 0.67 | 0.82 |  |  |  | dispersion | fixed |
| WASO | (Intercept) | 3.83 [1.96, 5.69] | 0.95 | 0.95 | 1.96 | 5.69 | 4.02 | Inf | 0.00 | conditional | fixed |
| WASO | idade | 0.02 [0.01, 0.03] | 0.01 | 0.95 | 0.01 | 0.03 | 2.86 | Inf | 0.00 | conditional | fixed |
| WASO | sexoMasculino | -0.27 [-0.62, 0.08] | 0.18 | 0.95 | -0.62 | 0.08 | -1.50 | Inf | 0.13 | conditional | fixed |
| WASO | superior\_completoSim | -0.14 [-0.5, 0.23] | 0.19 | 0.95 | -0.50 | 0.23 | -0.74 | Inf | 0.46 | conditional | fixed |
| WASO | neuroticismo\_escore\_t | 0 [-0.02, 0.01] | 0.01 | 0.95 | -0.02 | 0.01 | -0.21 | Inf | 0.84 | conditional | fixed |
| WASO | extroversao\_escore\_t | -0.02 [-0.04, -0.01] | 0.01 | 0.95 | -0.04 | -0.01 | -2.98 | Inf | 0.00 | conditional | fixed |
| WASO | amabilidade\_escore\_t | 0 [-0.02, 0.01] | 0.01 | 0.95 | -0.02 | 0.01 | -0.53 | Inf | 0.60 | conditional | fixed |
| WASO | conscienciosidade\_escore\_t | 0 [-0.01, 0.01] | 0.01 | 0.95 | -0.01 | 0.01 | -0.02 | Inf | 0.99 | conditional | fixed |
| WASO | abertura\_escore\_t | 0 [-0.01, 0.02] | 0.01 | 0.95 | -0.01 | 0.02 | 0.64 | Inf | 0.52 | conditional | fixed |
| WASO | (Intercept) | -4.79 [-15.59, 6.01] | 5.51 | 0.95 | -15.59 | 6.01 | -0.87 | Inf | 0.38 | zero\_inflated | fixed |
| WASO | idade | -0.09 [-0.2, 0.02] | 0.06 | 0.95 | -0.20 | 0.02 | -1.60 | Inf | 0.11 | zero\_inflated | fixed |
| WASO | sexoMasculino | -0.65 [-3.07, 1.78] | 1.24 | 0.95 | -3.07 | 1.78 | -0.52 | Inf | 0.60 | zero\_inflated | fixed |
| WASO | neuroticismo\_escore\_t | 0.07 [-0.03, 0.16] | 0.05 | 0.95 | -0.03 | 0.16 | 1.41 | Inf | 0.16 | zero\_inflated | fixed |
| WASO | extroversao\_escore\_t | -0.05 [-0.14, 0.05] | 0.05 | 0.95 | -0.14 | 0.05 | -0.99 | Inf | 0.32 | zero\_inflated | fixed |
| WASO | amabilidade\_escore\_t | 0 [-0.08, 0.08] | 0.04 | 0.95 | -0.08 | 0.08 | 0.01 | Inf | 0.99 | zero\_inflated | fixed |
| WASO | conscienciosidade\_escore\_t | 0.07 [-0.04, 0.17] | 0.05 | 0.95 | -0.04 | 0.17 | 1.24 | Inf | 0.22 | zero\_inflated | fixed |
| WASO | abertura\_escore\_t | 0 [-0.08, 0.08] | 0.04 | 0.95 | -0.08 | 0.08 | -0.05 | Inf | 0.96 | zero\_inflated | fixed |
| WASO | (Intercept) | 0.85 [0.76, 0.94] |  | 0.95 | 0.76 | 0.94 |  |  |  | dispersion | fixed |
| TST | (Intercept) | 301.74 [166.41, 437.08] | 69.05 | 0.95 | 166.41 | 437.08 | 4.37 | Inf | 0.00 | conditional | fixed |
| TST | idade | -1.58 [-2.55, -0.62] | 0.49 | 0.95 | -2.55 | -0.62 | -3.22 | Inf | 0.00 | conditional | fixed |
| TST | sexoMasculino | -8.13 [-35.79, 19.53] | 14.11 | 0.95 | -35.79 | 19.53 | -0.58 | Inf | 0.56 | conditional | fixed |
| TST | superior\_completoSim | 36.7 [7.35, 66.04] | 14.97 | 0.95 | 7.35 | 66.04 | 2.45 | Inf | 0.01 | conditional | fixed |
| TST | neuroticismo\_escore\_t | 0.77 [-0.32, 1.85] | 0.55 | 0.95 | -0.32 | 1.85 | 1.38 | Inf | 0.17 | conditional | fixed |
| TST | extroversao\_escore\_t | 0.89 [-0.2, 1.97] | 0.55 | 0.95 | -0.20 | 1.97 | 1.61 | Inf | 0.11 | conditional | fixed |
| TST | amabilidade\_escore\_t | 0.33 [-0.8, 1.45] | 0.57 | 0.95 | -0.80 | 1.45 | 0.57 | Inf | 0.57 | conditional | fixed |
| TST | conscienciosidade\_escore\_t | 0.04 [-1.14, 1.21] | 0.60 | 0.95 | -1.14 | 1.21 | 0.06 | Inf | 0.95 | conditional | fixed |
| TST | abertura\_escore\_t | 0.48 [-0.55, 1.51] | 0.53 | 0.95 | -0.55 | 1.51 | 0.91 | Inf | 0.36 | conditional | fixed |
| TST | (Intercept) | 68.43 [61.3, 76.38] |  | 0.95 | 61.30 | 76.38 |  |  |  | dispersion | fixed |

## Model diagnostics

