

Variable	Female, N = 11 ¹	Male, N = 11 ¹
Age [years]	15.82 (1.25)	16.00 (1.10)
Self-reported pubertal stage (Tanner)		
Early pubertal	0 (0%)	1 (9.1%)
Midpubertal	1 (9.1%)	4 (36%)
Late pubertal	5 (45%)	6 (55%)
Postpubertal	5 (45%)	0 (0%)
Chronotype (MSFsc)	3.85 (0.85)	3.82 (0.85)
Agreed habitual bedtime [hours]	22.30 (0.66)	22.20 (0.31)
Agreed habitual wake time [hours]	6.74 (0.48)	6.70 (0.37)
Time outdoors on free days [hours]	3.25 (1.42)	3.73 (1.46)
Time outdoors on school days [hours]	2.10 (0.77)	2.00 (1.07)
Body Mass Index (BMI)	21.36 (2.18)	22.08 (3.14)
PSQI score	3.18 (1.08)	3.09 (1.22)
Season		
Spring	5 (45%)	4 (36%)
Summer	2 (18%)	1 (9.1%)
Autumn	1 (9.1%)	2 (18%)
Winter	3 (27%)	4 (36%)
¹ Mean (SD); n (%)		