

## Supplementary Material

Table S1. Sleeping hour of students during working days at 6 different classes, Post-hoc analysis  $p < 0.001$ : significant different .

(I) Classs	<i>p</i>					
	(J) Classs					
	Gymnasium 1st	Gymnasium 2st	Gymnasium 3rd	Lyceum 1st	Lyceum 2nd	Lyceum 3rd
Gymnasium 1st		0.531	<b>0.008</b>	<b>&lt;0.001</b>	<b>&lt;0.001</b>	<b>&lt;0.001</b>
Gymnasium 2st	0.531		1.000	<b>0.003</b>	<b>&lt;0.001</b>	<b>&lt;0.001</b>
Gymnasium 3rd	0.008	1.000		1.000	1.000	<b>0.018</b>
Lyceum 1st	<b>&lt;0.001</b>	0.003	1.000		1.000	<b>0.003</b>
Lyceum 2nd	<b>&lt;0.001</b>	<b>&lt;0.001</b>	1.000	1.000		0.067
Lyceum 3rd	<b>&lt;0.001</b>	<b>&lt;0.001</b>	0.018	0.003	0.067	

Table S2. Sleeping hour of students during weekend days at 6 different classes Post-hoc analysis  $p < 0.001$ : significant different.

(I) Classs	Sig.					
	(J) Classs					
	Gymnasium 1st	Gymnasium 2st	Gymnasium 3rd	Lyceum 1st	Lyceum 2nd	Lyceum 3rd
Gymnasium 1st		<b>1.000</b>	<b>&lt;0.001</b>	<b>&lt;0.001</b>	<b>&lt;0.001</b>	<b>&lt;0.001</b>
Gymnasium 2st	1.000		<b>0.016</b>	<b>&lt;0.001</b>	<b>&lt;0.001</b>	<b>&lt;0.001</b>
Gymnasium 3rd	<b>&lt;0.001</b>	0.016		1.000	1.000	1.000
Lyceum 1st	<b>&lt;0.001</b>	<b>&lt;0.001</b>	1.000		1.000	1.000
Lyceum 2nd	<b>&lt;0.001</b>	<b>&lt;0.001</b>	1.000	1.000		0.931
Lyceum 3rd	<b>&lt;0.001</b>	<b>&lt;0.001</b>	1.000	1.000	0.931	

Table S3. Health habits by age

		13	14	15	16	17	18	19	<i>p</i>
		<i>n</i> (%)	<i>n</i> (%)	<i>n</i> (%)	<i>n</i> (%)	<i>n</i> (%)	<i>n</i> (%)	<i>n</i> (%)	
Smoking	Never/Rarely	114 (97.4)	88 (100)	45 (95.7)	206 (90.4)	171 (88.6)	123 (81.5)	3 (42.9)	<0.001
	Sometimes	2 (1.7)	0 (0)	1 (2.1)	18 (7.9)	13 (6.7)	21 (13.9)	1 (14.3)	
	Often	1 (0.9)	0 (0)	1 (2.1)	4 (1.8)	9 (4.7)	7 (4.6)	3 (42.9)	
Drinking Alcohol	Never/Rarely	105 (89.7)	79 (89.8)	39 (83)	110 (48.2)	66 (34.2)	42 (27.8)	1 (14.3)	<0.001
	Sometimes	11 (9.4)	8 (9.1)	8 (17)	115 (50.4)	121 (62.7)	106 (70.2)	4 (57.1)	
	Often	1 (0.9)	1 (1.1)	0 (0)	3 (1.3)	6 (3.1)	3 (2)	2 (28.6)	
Exercise	Never/Rarely	10 (8.5)	11 (12.5)	2 (4.3)	37 (16.2)	40 (20.7)	50 (33.1)	4 (57.1)	<0.001
	Sometimes	17 (14.5)	17 (19.3)	14 (29.8)	59 (25.9)	57 (29.5)	61 (40.4)	1 (14.3)	
	Often	90 (76.9)	60 (68.2)	31 (66)	132 (57.9)	96 (49.7)	40 (26.5)	2 (28.6)	
Coffee and caffeine product	Never/Rarely	91 (77.8)	73 (83)	32 (68.1)	122 (53.5)	120 (62.2)	51 (33.8)	2 (28.6)	<0.001
	Sometimes	20 (17.1)	13 (14.8)	11 (23.4)	80 (35.1)	44 (22.8)	54 (35.8)	3 (42.9)	
	Often	6 (5.1)	2 (2.3)	4 (8.5)	26 (11.4)	29 (15)	46 (30.5)	2 (28.6)	

Table S4. Adjusted ORs with 95% CIs of sleeping  $\geq 8$  hours per day on students' grades.

Grades (18+)	OR	95% C.I. for OR		p
		LL	UL	
<b>Females</b>	<b>1.84</b>	1.39	2.43	<b>&lt;0.001</b>
Lyceum	0.73	0.54	0.99	<b>0.045</b>
Sleeping $\geq 8$ hours	1.48	1.06	2.07	<b>0.022</b>