

Table S1. Comparison between individuals who completed and did not complete the 12-month follow-up.

	Completed the Follow-up n = 374	Did not complete the follow-up n = 464	t / Chi ²	p
Age	21.1 (2.01)	21.3 (2.01)	1.54	.124
Sex (female)	273 (73.0%)	321 (69.2%)	1.46	.227
Insomnia symptoms (ISI)	8.09 (4.72)	9.32 (5.21)	3.55	<.001
Chronotype (MCTQ)	05:38 (01:39)	05:40 (01:36)	0.32	.749
Current/past history of physical and mental disorder(s)	26 (7.0%)	62 (13.4%)	9.05	.003
Data is in mean (standard deviation) unless otherwise specified. Abbreviations: ISI = Insomnia Severity Index; MCTQ = Munich Chronotype Questionnaire				

Figure S1. Model 1, the autoregressive model

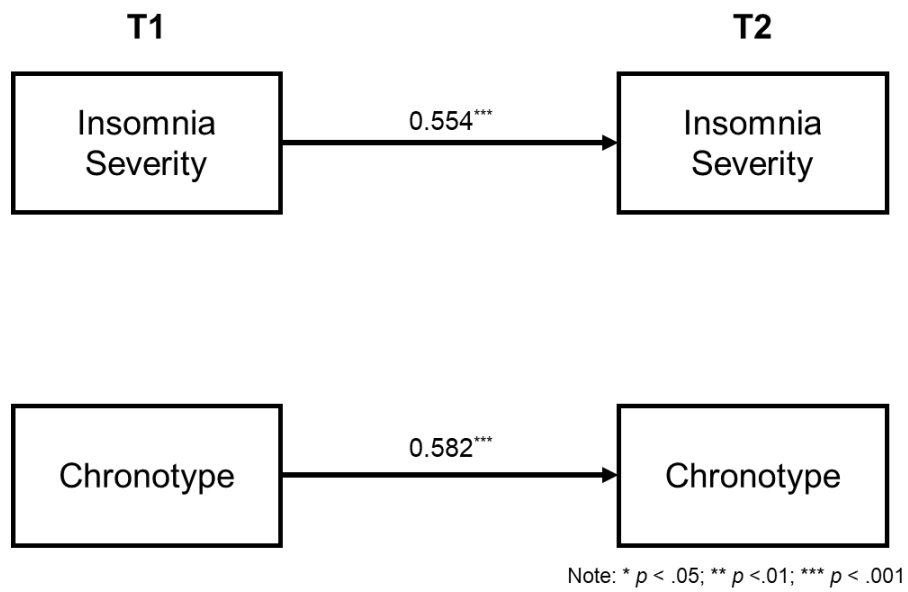


Figure S2. Model 2, the cross-sectional model

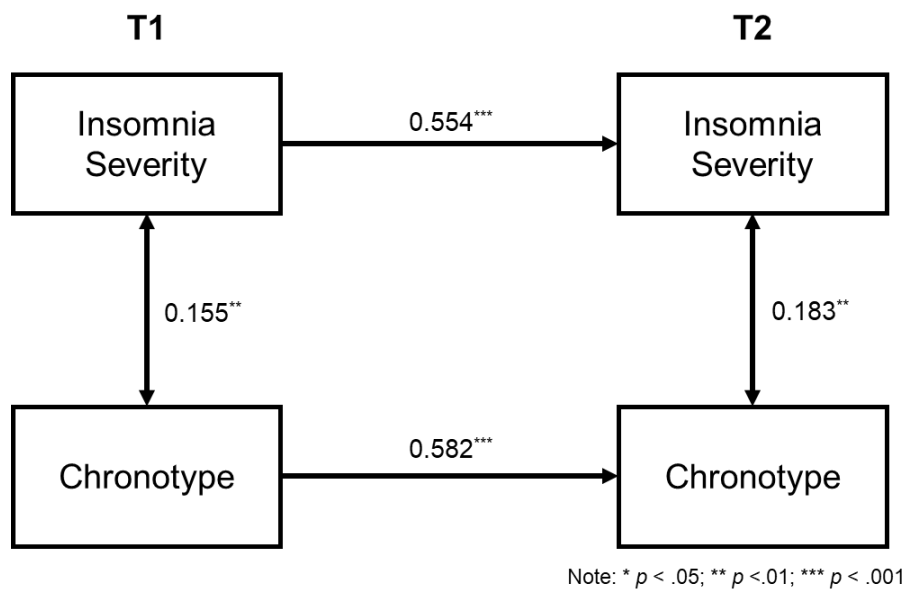


Figure S3. Model 3a, the causal model (insomnia > chronotype)

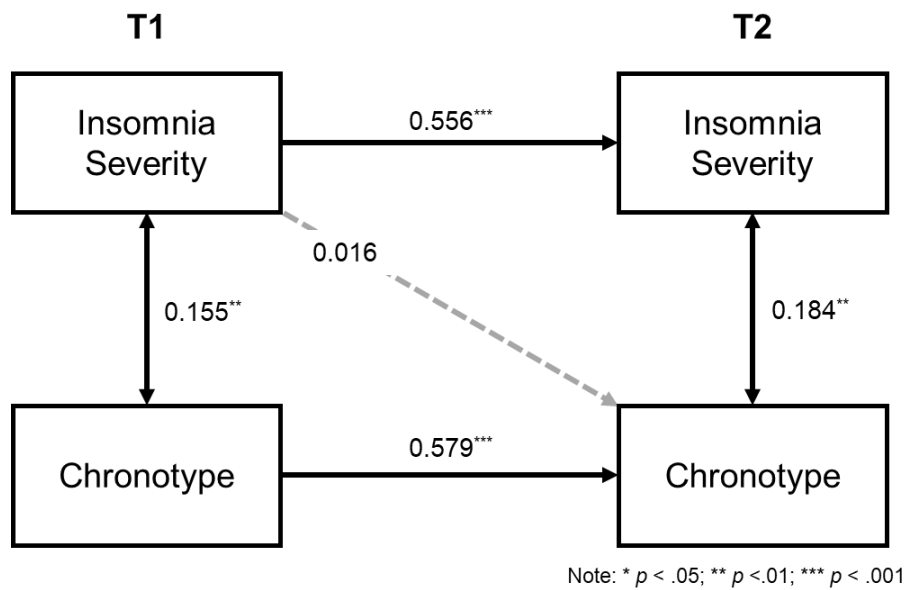


Figure S4. Model 4, the reciprocal model

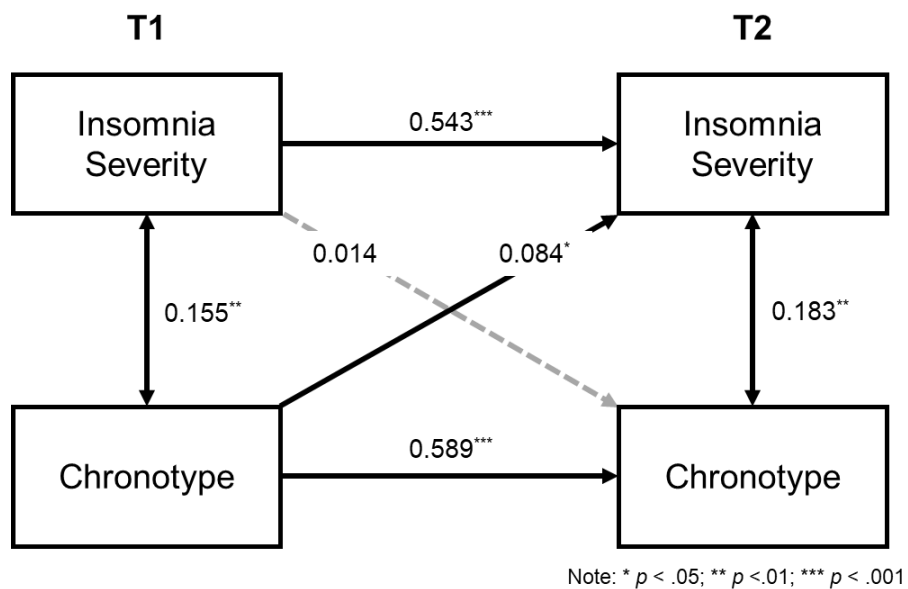
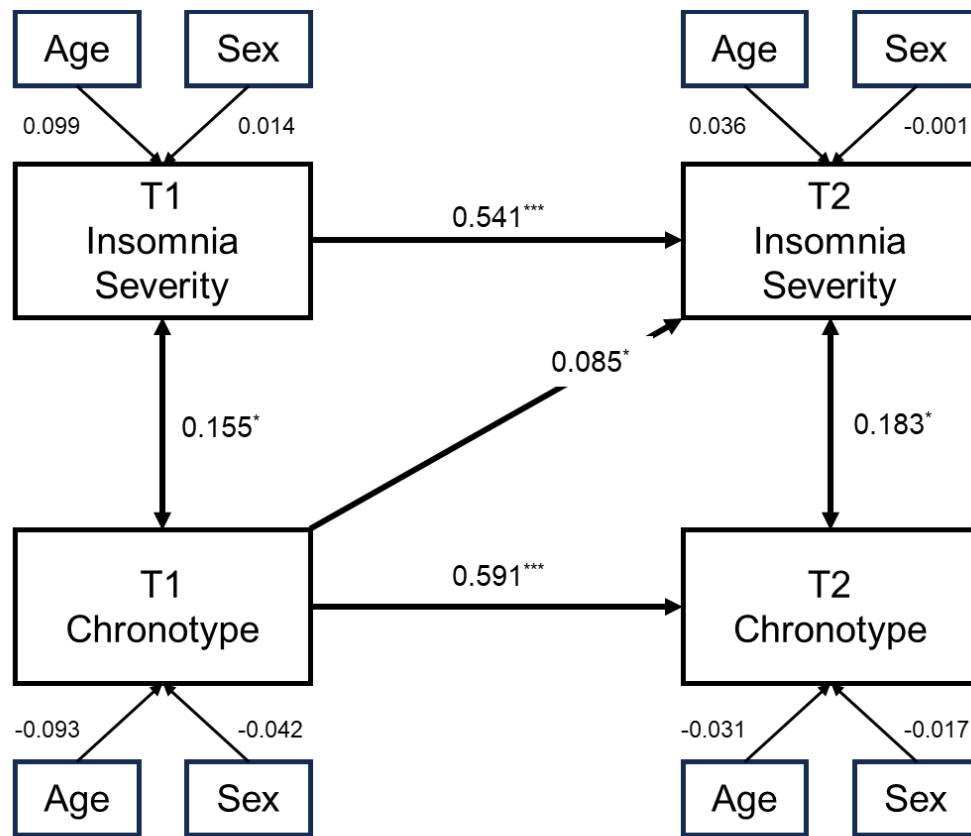


Figure S5. Model 3b, the causal model (chronotype > insomnia) with control variables (age and sex) depicted.



Note: * $p < .05$; ** $p < .01$; *** $p < .001$