

Supplementary Table S1. Comparison of demographic characteristics, PSQI, SDS and SAS of college students

Project		<i>n</i>	PSQI	SDS	SAS
Gender	Male	483	5.09 ± 3.25	48.57 ± 11.33	41.51 ± 9.76
	Female	462	5.40 ± 2.86	47.16 ± 11.31	40.21 ± 10.42
			<i>t</i> = 1.54	<i>t</i> = 1.92	<i>t</i> = 1.985
			<i>P</i> = 0.123	<i>P</i> = 0.055	<i>P</i> = 0.047
Grade	A freshman	182	5.58 ± 2.97	48.82 ± 10.87	41.38 ± 9.32
	A sophomore	452	5.12 ± 3.28	49.11 ± 11.40	42.04 ± 10.97
	Junior year	101	5.18 ± 2.62	44.43 ± 11.09	38.04 ± 9.33
	Senior year	64	5.59 ± 2.69	43.30 ± 10.27	37.30 ± 7.49
	Other	146	5.08 ± 2.95	47.29 ± 11.44	40.14 ± 9.02
				$\chi^2 = 15.55^*$	<i>F</i> = 6.879
			<i>P</i> = 0.204	<i>P</i> = 0.000	<i>P</i> = 0.006
Profession	Science and engineering	331	5.64 ± 3.10	49.30 ± 10.65	42.00 ± 10.26
	Medical	512	5.10 ± 3.02	46.51 ± 11.57	39.70 ± 9.79
	Economic management	61	4.93 ± 3.34	52.31 ± 10.86	43.97 ± 10.14
	Literature and art	41	4.27 ± 2.60	47.00 ± 11.82	41.78 ± 10.88
			<i>F</i> = 3.857	<i>F</i> = 7.582	<i>F</i> = 5.784
			<i>P</i> = 0.009	<i>P</i> = 0.000	<i>P</i> = 0.001
Movement time, min	Don't exercise	181	5.66 ± 3.11	51.00 ± 10.78	42.59 ± 10.46
	< 30	485	5.21 ± 3.03	47.37 ± 11.16	40.45 ± 10.03
	30–60	216	5.22 ± 2.98	46.98 ± 11.01	40.66 ± 10.14
	> 60	63	4.21 ± 2.91	46.17 ± 12.16	39.49 ± 8.96
			<i>F</i> = 3.619	<i>F</i> = 6.054	<i>F</i> = 2.455
			<i>P</i> = 0.013	<i>P</i> = 0.000	<i>P</i> = 0.062
Postgraduate entrance examination/employment	Yes	387	5.00 ± 2.97	47.17 ± 11.58	40.90 ± 10.37
	No	558	5.39 ± 3.08	48.40 ± 10.93	40.80 ± 9.91
			<i>t</i> = 1.916	<i>t</i> = 1.633	<i>t</i> = 0.144
			<i>P</i> = 0.056	<i>P</i> = 0.103	<i>P</i> = 0.885
Dietary patterns	Bland diet	441	5.00 ± 3.18	47.59 ± 11.84	40.60 ± 10.38
	Greasy diet	504	5.43 ± 2.90	48.17 ± 10.64	41.05 ± 9.85
			<i>t</i> = 2.135	<i>t</i> = 0.79	<i>t</i> = 0.681
			<i>P</i> = 0.033	<i>P</i> = 0.43	<i>P</i> = 0.496
The economic situation	< 50,000	376	5.21 ± 3.05	49.84 ± 11.04	41.97 ± 10.03
	50,000–100,000	375	5.17 ± 2.96	47.13 ± 11.13	40.27 ± 10.35
	> 100,000	194	5.38 ± 3.16	45.59 ± 11.14	39.75 ± 9.54
			<i>F</i> = 0.316	<i>F</i> = 10.853	<i>F</i> = 4.12
			<i>P</i> = 0.729	<i>P</i> = 0.000	<i>P</i> = 0.017

Note. * χ^2 : The variance of PSQI and SAS data in different grades is not uniform, so the Chi-square test is adopted. PSQI: Pittsburgh sleep quality index; SAS: self-rating anxiety scale; SDS: self-rating depression scale.