

Supplementary Table 1. Questionnaires

Please mark your grade.

Elementary school (grade 5, 6), Junior high school (grade 1, 2, 3), High school (grade 1, 2, 3)^{a)}

Please mark your gender.

Gender (male, female)^{b)}

Please describe your height and weight.

Height (cm), Weight (kg)

Please mark your bedtime before school days.

1. <8 PM, 2. 8 PM–9 PM, 3. 9 PM–10 PM, 4. 10 PM–11 PM, 5. 11 PM–12 AM, 6. 12 AM–1 AM, 7. 1 AM–2 AM, 8. 2 AM–3 AM or 9. >3 AM

Please mark your bedtime before nonschool days.

1. <8 PM, 2. 8 PM–9 PM, 3. 9 PM–10 PM, 4. 10 PM–11 PM, 5. 11 PM–12 AM, 6. 12 AM–1 AM, 7. 1 AM–2 AM, 8. 2 AM–3 AM or 9. >3 AM

Please mark your wake time on school days.

1. <5 AM, 2. 5 AM–6 AM, 3. 6 AM–7 AM, 4. 7 AM–8 AM, 5. 8 AM–9 AM, 6. 9 AM–10 AM, 7. 10 AM–11 AM, 8. 11 AM–12 PM or 9. >12 PM

Please mark your wake time on nonschool days.

1. <5 AM, 2. 5 AM–6 AM, 3. 6 AM–7 AM, 4. 7 AM–8 AM, 5. 8 AM–9 AM, 6. 9 AM–10 AM, 7. 10 AM–11 AM, 8. 11 AM–12 PM or 9. >12 PM

Please mark the frequency you feel sleepy during class.

1. never; 2. sometimes; 3. often; or 4. always

Please mark your frequency of eating breakfast.

1. always; 2. often; 3. sometimes; or 4. never

Please mark your frequency of defecation.

1. every day; 2. every other day; 3. once every two to three days; 4. twice a week or less

Please mark the time you usually eat dinner.

1. around 6 PM; 2. around 7 PM; 3. around 8 PM; 4. around 9 PM; 5. around 10 PM; 6. around 11 PM; 7. later than 11 PM; or 8. not determined

Do you participate in any kinds of after-school activity?

1. yes; 2. no

If yes, please mark your frequency of participating in after-school activity.

1. once a week; 2. twice a week; 3. three times a week; 4. four times a week; 5. five times a week; 6. six times a week; or 7. every day

Please mark the average duration of a single after-school activity.

1. 1 hour; 2. 2 hours; 3. 3 hours; 4. 4 hours; or 5. 5 hours or more

How many days a week do you perform habitual exercise except for school lessons?

0. none; 1. one day per week; 2. two days per week; 3. three days per week; 4. four days per week; 5. five days per week; 6. six days per week; or 7. seven days per week

How long do you use various media devices (television, video, video game, digital versatile disc, computer, tablet, mobile [cell] phone, smart phone) in a day? Please answer separately on school days and nonschool days.

On a school day.

1. <2 hours; 2. 2–4 hours; 3. 4–6 hours; 4. 6–8 hours; or 5. 8 hours or more

On a nonschool day.

1. <2 hours; 2. 2–4 hours; 3. 4–6 hours; 4. 6–8 hours; or 5. 8 hours or more

Please mark the best choice for your overall academic performance.

1. very good; 2. good; 3. not good; or 4. poor

^{a,b)}These questionnaires revealed the basic data of this study as follows: number of males and females among elementary school pupils to be 441 and 515, junior high school to be 541 and 508, and high school 385 and 332, respectively.