

Table 1. Distribution and descriptive statistics of morningness-eveningness orientation (rMEQ) according to gender.

Variable	Morning Type		Neither Type		Evening Type	
	<i>n</i> (%)	Mean $\pm$ SD	<i>n</i> (%)	Mean $\pm$ SD	<i>n</i> (%)	Mean $\pm$ SD
Male (<i>n</i> = 199)	26 (13)	20.7 $\pm$ 4.3	104 (52.3)	14.4 $\pm$ 1.2	69 (34.7)	9.0 $\pm$ 1.9
Female (<i>n</i> = 511)	60 (11.7)	19.5 $\pm$ 1.5	302 (59.1)	14.4 $\pm$ 1.1	149 (29.2)	8.9 $\pm$ 1.9

SD—standard deviation.

Table S2. Descriptive statistics of the reduced Morningness-Eveningness (rMEQ) questionnaire and the domains of the IPIP 50 Big-Five questionnaire and the gender-related differences (*n* = 712).

Variable	Male	Female	ANOVA *		
	Mean $\pm$ SD	Mean $\pm$ SD	F	<i>p</i> -Value	η^2
Age	21.73 $\pm$ 3.95	23.4 $\pm$ 6.43	11.92	0.001	0.02
rMEQ	13.24 $\pm$ 4.39	13.34 $\pm$ 2.68	0.09	0.764	<0.001
Extraversion	33.62 $\pm$ 6.45	32.81 $\pm$ 6.43	2.30	0.130	<0.001
Agreeableness	35.44 $\pm$ 6.04	38.63 $\pm$ 5.74	43.17	<0.001	0.06
Conscientiousness	35.85 $\pm$ 6.06	35.90 $\pm$ 6.49	0.01	0.917	<0.001
Emotional stability	33.89 $\pm$ 7.43	30.87 $\pm$ 6.83	26.88	<0.001	0.04
Intellect	37.22 $\pm$ 5.67	35.79 $\pm$ 5.34	9.93	0.002	0.01

SD—standard deviation; * One-way ANOVA df 2.