



Table S1. Questionnaire of the study.

Demographics			
Age (years):	Gender:		Weight in Kilograms:..... Height in cm:
	Male	<input type="checkbox"/>	
	Female	<input type="checkbox"/>	Smoking history: Smoker: <input type="checkbox"/> Vaper: <input type="checkbox"/> Smoker and vaper: <input type="checkbox"/> Ex smoker and/or vaper: <input type="checkbox"/> No smoker and no vaper: <input type="checkbox"/>
If smoker or smoker and vaper: Years of smoking: Cigarettes per day 3 months prior to lockdown: Cigarettes per day during lockdown: Cigarettes per day 3 months following lockdown:			
If vaper or smoker and vaper... Years of vaping: ml per day 3 months prior to lockdown: ml per day during lockdown: ml per day 3 months following lockdown:			
Sleeping habits How many hours did you sleep per day 3 months prior to lockdown: How many hours did you sleep per day during lockdown: How many hours did you sleep per day 3 months following lockdown: How many times in minutes did you need until you fell asleep at night (per day) 3 months prior to lockdown: How many time in minutes did you need until you fell asleep at night (per day) during lockdown: How many time in minutes did you need until you fell asleep at night (per day) 3 months following lockdown: How many times did you wake per night day 3 months prior to lockdown: How many times did you wake per night day during lockdown: How many times did you wake per night day 3 months following lockdown: Did you experience restless sleep 3 months prior to lockdown: Yes No Did you experience restless sleep during lockdown: Yes No			

Did you experience restless sleep **3 months following lockdown**: Yes No

Did you experience difficulty in waking up **3 months prior to lockdown**: Yes No

Did you experience difficulty in waking up **during lockdown**: Yes No

Did you experience difficulty in waking up **3 months following lockdown**: Yes No

Did you experience morning headaches **3 months prior to lockdown**: Yes No

Did you experience morning headaches **during lockdown**: Yes No

Did you experience morning headaches **3 months following lockdown**: Yes No

Did you experience irritability during the morning **3 months prior to lockdown**: Yes No

Did you experience irritability during the morning **during lockdown**: Yes No

Did you experience irritability during the morning **3 months following lockdown**: Yes No

Number of daily meals **3 months prior to lockdown**:

Number of daily meals **during lockdown**:

Number of daily meals **3 months following lockdown**:

Dietary habits

How often did you consume alcohol **3 months prior to lockdown**:

Every day: ☐

3–4 times/week: ☐

1–2 times/week: ☐

Never or almost never: ☐

How often did you consume alcohol **during lockdown**:

Every day: ☐

3–4 times/week: ☐

1–2 times/week: ☐

Never or almost never: ☐

How often did you consume alcohol **3 months following lockdown:**

Every day: ☐

3–4 times/week: ☐

1–2 times/week: ☐

Never or almost never: ☐

Type of physical activity-exercise

Gym: ☐

Cycling: ☐

Walking: ☐

Other: ☐

No activity: ☐

Kind of physical activity-exercise

Free: ☐

Instructed: ☐

Years of physical activity-exercise:

Physical activity-exercise

How many days per week did you perform physical activity-exercise **3 months prior to lockdown:**

How many days per week did you perform physical activity-exercise **during lockdown:**

How many days per week did you perform physical activity-exercise **3 months following lockdown:**

Time in minutes of physical activity-exercise per day 3 months prior to lockdown:

Time in minutes of physical activity-exercise per day **during lockdown:**

Time in minutes of physical activity-exercise per day **3 months following lockdown:**
