

**Table S1.** General characteristics of the studied population.

<b>Variable</b>	<b>Mean (SD)</b>
Sample size, n	1 106
% Spanish	72.1
% Females	78.4
Age, years	21.0 (2.5)
<b>BMI, kg/m<sup>2</sup></b>	<b>22.2 (3.4)</b>
Underweight, %	8.0
Normal-weight, %	75.5
Overweight, %	12.9
Obese, %	3.5
<b>Diet quality</b>	
Low, %	7.6
Average, %	58.0
High, %	34.4
<b>Physical Activity</b>	
Low, %	22.2
Moderate, %	27.0
Vigorous, %	50.7
<b>Circadian related variables</b>	
Sleep duration, h	8.1 (1.0)
Chronotype (MSF), hh:mm	05:17 (01:13)
Social jet lag, h	1.7 (1.0)
Eating duration, h	11.3 (2.5)

Data are expressed as mean (SD) or proportions. Abbreviations: BMI, body mass index; hh:mm, hours: minutes; MSF, midpoint of sleep on free-days.