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| *Table 1.* Means (SD) of raw Diurnal Preference and Sleep Quality scores and number of individuals (N) and full pairs (FP) |
|  | Total | Males  | Females | MZ | DZ | Sibs |
| Time 1 MEQ  | 48.57 (8.12) c(N=1376) | 47.22 (8.39) a (N=554) | 49.56 (7.77) (N=822) | 50.23 (7.67) b (N=398)(FP=189) | 47.88 (8.16) (N=695)(FP=327) | 48.58 (8.25) (N=283)(FP=127) |
| Time 1 PSQI  | 5.66 (3.02) c (N=1354) | 5.56 (2.99) (N=550) | 5.74 (3.03) (N=804) | 5.45 (2.86) (N=388)(FP=181) | 5.74 (3.11) (N=684)(FP=322) | 5.71 (2.95) (N=282)(FP=127) |
| Time 2 MEQ  | 52.29 (8.39) c (N=771) | 50.67 (8.71) (N=268) | 53.27 (8.05) (N=503) | 53.28 (8.71) (N=218)(FP=103) | 51.88 (8.07) (N=368)(FP=170) | 52.22 (8.58) (N=185)(FP=84) |
| Time 2 PSQI  | 5.31 (2.85) c (N=757) | 5.24 (2.78) (N=262) | 5.35 (2.88) (N=495) | 5.14 (2.85) (N=213)(FP=101) | 5.32 (2.96) (N=360)(FP=163) | 5.48 (2.63) (N=184)(FP=83) |

Note. MEQ = diurnal preference (higher scores indicate a greater tendency towards morningness); PSQI = sleep quality (higher scores indicate poorer sleep quality); MZ = monozygotic twins; DZ = dizygotic twins; Sibs = siblings. aSignificant sex differences within phenotypes. bSignificant zygosity differences within phenotypes. cSignificant differences within phenotypes across time. Analyses were performed on untransformed (i.e. raw) data in Mx.