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| *Table 3.* Univariate Parameter Estimates for Diurnal Preference and Sleep Quality (with 95% confidence intervals) |
|  | A | E |
| Time 1 MEQ  | 45%[95% CI = .34-.55] | 55%[95% CI = .45-.66] |
| Time 1 PSQI  | 42%[95% CI = .31-.52] | 58%[95% CI = .48-.69] |
| Time 2 MEQ  | 46%[95% CI = .33-.58] | 54%[95% CI = .42-.67] |
| Time 2 PSQI  | 29%[95% CI = .15-.42] | 71%[95% CI = .58-.85] |

Note. MEQ = diurnal preference; PSQI = sleep quality; A = additive genetic influences; E = Non-shared environmental influences. CI =95% confidence intervals. Analyses were performed on age and sex regressed data in Mx. Estimates from the homogeneity AE multivariate correlated factors model. Note that slight discrepancies in the parameter estimates presented here compared to those published in Barclay et al (2010) are due to differences in the structure and fit of the multivariate correlated factors model compared to the purely univariate model. This is because multivariate models use all information (including that from other variables) to provide univariate estimates and this additional information can lead to slight fluctuations in results.