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| *Table 2.* Univariate and Bivariate twin correlations (95% confidence intervals) for Diurnal Preference and Sleep Quality at time 1 and 2 |
| Twin/Sibling 1 |
| MZ twins |
| Twin 2 |  | MEQ Time 1 | PSQI Time 1 | MEQ Time 2 | PSQI Time 2 |
| MEQ Time 1 | .51 (.39-.60) |  |  |  |
| PSQI Time 1 | .24 (.16-.32) | .43 (.30-.54) |  |  |
| MEQ Time 2 | .47 (.37-.56) | .20 (.09- .30) | .52 (.37-.65) |  |
| PSQI Time 2 | .13 (.02-.24) | .24 (.11-.36) | .24 (.12-.35) | .24 (.05-.41) |
| DZ twins |
| Twin 2 |  | MEQ Time 1 | PSQI Time 1 | MEQ Time 2 | PSQI Time 2 |
| MEQ Time 1 | .11 (.00-.21) |  |  |  |
| PSQI Time 1 | .04 (-.04-.12) | .23 (.13-.33) |  |  |
| MEQ Time 2 | .09 (-.02-.19) | .07 (-.03-.16) | .17 (.02-.31) |  |
| PSQI Time 2 | .00 (-.10-.09) | .12 (.01-.22) | .12 (.01-.23) | .26 (.10-.41) |
| Siblings |
| Sibling 2 |  | MEQ Time 1 | PSQI Time 1 | MEQ Time 2 | PSQI Time 2 |
| MEQ Time 1 | .16 (.00-.31) |  |  |  |
| PSQI Time 1 | .06 (-.06-.17) | .02 (-.14-.19) |  |  |
| MEQ Time 2 | .11 (-.03-.25) | .03 (-.10-.16) | .11 (-.09-.30) |  |
| PSQI Time 2 | .09 (-.06-.22) | .28 (.13-.41) | .02 (-.13-.16) | .05 (-.16-.26) |

Note. MEQ = diurnal preference (this variable has been reversed so that higher scores indicate a greater tendency towards eveningness); PSQI = sleep quality (higher scores indicate poorer sleep quality); MZ = monozygotic twins; DZ = dizygotic twins; Sibs = siblings. Analyses were performed on age and sex regressed data in Mx. The model was constrained where appropriate. For example, the twin correlations are constrained so that those of the randomly selected twin 1’s are the same as the randomly selected twin 2’s.