SUPPLEMENTAL INFORMATION

Table S1: COMT genotypes repartition (*N*=121) and characteristics (gender, age, body mass index, Phase 1 parameters).

Participants (*N*=121) with genetic (*COMT*) profiling			
Allele	Val/Val	Val/Met	Met/Met
N	37	61	23
Girls / Boys	22 / 15	43 / 18	16 / 7
Age (mean ± SD)	16.13 ± 2	15.54 ± 2.1	15.69 ± 1.52
BMI (mean ± SD)	20.88 ± 2.85	19.83 ± 2.53	20.33 ± 3.11
Phase 1 parameters (mean ± sem)			
-SED use after 9 pm (min)	86 ± 8	70 ± 6	88 ± 12
-Offscreen activities after 9 pm (min)	53 ± 6	52 ± 5	59 ± 9
-Sleep duration (hours)	7h25 ± 0.13	7h34 ± 0.1	7h28 ± 0.13
-Sleep efficiency (%)	89.1 ± 0.7	89.1 ± 0.6	89.8 ± 0.9
-Daily mood (from 1 to 5 scale)	3.58 ± 0.09	3.49 ± 0.07	3.51 ± 0.11

There was no significant difference between the three groups during Phase 1.

Table S2: Repartition between *Active* and *Passive* participants and their characteristics (gender, age)

Participants included in PHASE 1					
Total Participants	Total	12-13 y.o	14-15 y.o	16-17 y.o	18-19 y.o
N Girls | Boys Age (mean ± SD)	569 299 | 270 15,35 ± 2,1	140 72 | 68	168 70 | 98	138 83 | 55	123 74 | 49
Active Participants	Total	12-13 y.o	14-15 y.o	16-17 y.o	18-19 y.o
N Girls | Boys Age (mean ± SD)	315 203 | 112 15,69 ± 2,12	68 42 | 26	72 42 | 30	93 62 | 31	82 57 | 25
Passive Participants	Total	12-13 y.o	14-15 y.o	16-17 y.o	18-19 y.o
N Girls | Boys Age (mean ± SD)	254 96 | 158 14,93 ± 2	72 30 | 42	96 28 | 68	45 21 | 24	41 17 | 24

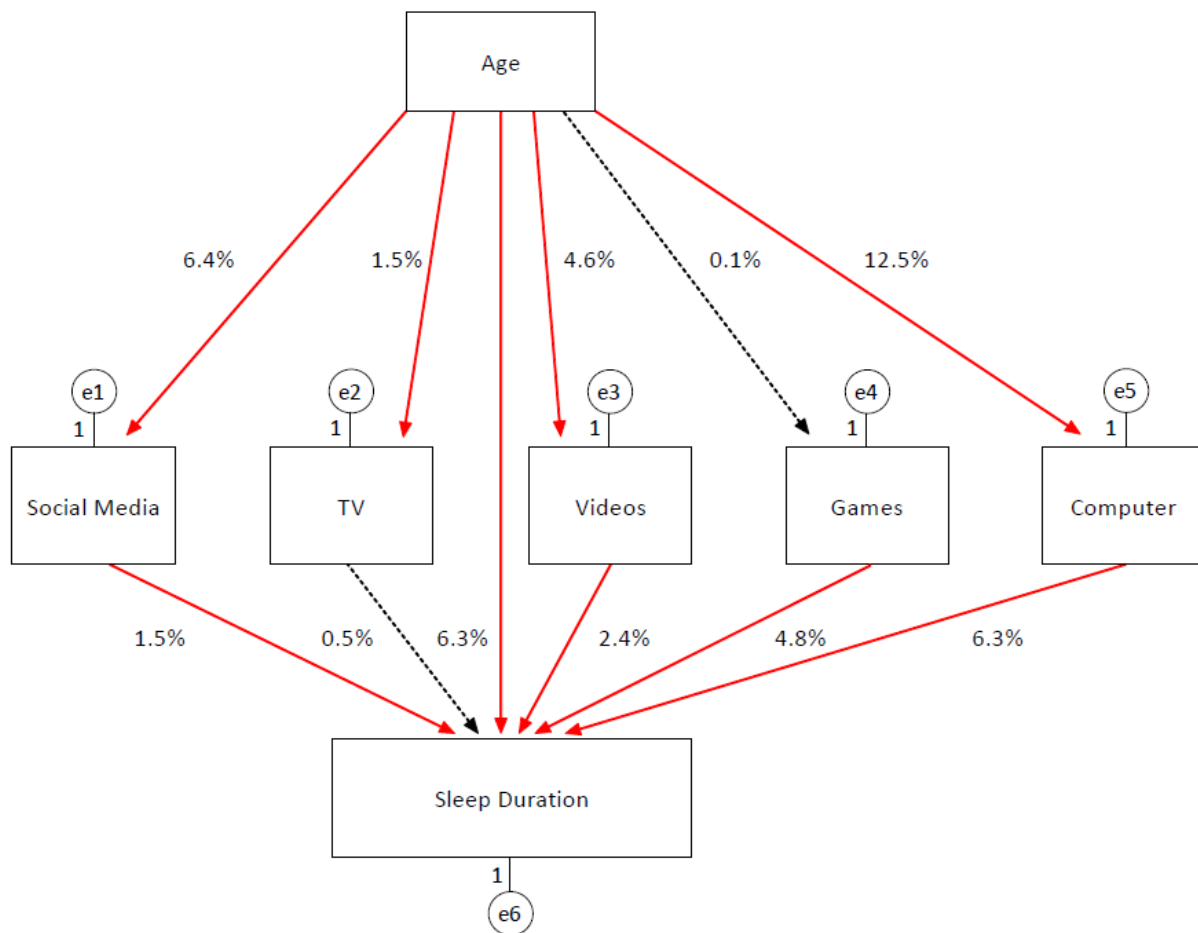| Participants included in both PHASES 1 & 2					
Total Participants	Total	12-13 y.o	14-15 y.o	16-17 y.o	18-19 y.o
N Girls | Boys Age (mean ± SD)	467 243 | 224 15,02 ± 1,9	120 61 | 59	151 64 | 87	111 67 | 44	85 51 | 34
Active Participants	Total	12-13 y.o	14-15 y.o	16-17 y.o	18-19 y.o
N Girls | Boys Age (mean ± SD)	183 120 | 63 15,73 ± 2	36 17 | 19	43 28 | 15	58 43 | 15	46 32 | 14
Passive Participants	Total	12-13 y.o	14-15 y.o	16-17 y.o	18-19 y.o
N Girls | Boys Age (mean ± SD)	284 123 | 161 14,84 ± 1,95	84 44 | 40	108 36 | 72	53 24 | 29	39 19 | 20

Fig. S1: Contribution of age and type of SED activities after 9 pm to sleep duration during pre-school nights using Structural Equation Modeling
Age and time spent on each SED activity after 9 pm collectively explained 37.8% of the variance of the variable sleep duration. While age and time spent on computer, games, videos and social media after 9 pm had significant unique contributions to sleep duration (red arrows), time spent watching TV after 9 pm did not significantly affect sleep duration (dotted black arrow).