STROBE Statement—Checklist of items that should be included in reports of ***cross-sectional studies***

	Item No	Recommendation	Page No
Title and abstract	1	(*a*) Indicate the study's design with a commonly used term in the title or the abstract	Page 1, Abstract, Methods. The study is identified as cross-sectional; the title and abstract page is not continuously line-numbered.
		(*b*) Provide in the abstract an informative and balanced summary of what was done and what was found	Page 1, Abstract.
Introduction			
Background/rationale	2	Explain the scientific background and rationale for the investigation being reported	Pages 2–7, Lines 1–190.
Objectives	3	State specific objectives, including any prespecified hypotheses	Pages 7–8, Lines 173–200.
Methods			
Study design	4	Present key elements of study design early in the paper	Page 1, Abstract, Methods; Page 8, Lines 203–206.
Setting	5	Describe the setting, locations, and relevant dates, including periods of recruitment, exposure, follow-up, and data collection	Pages 8–9, Lines 205–224. The study setting, location, recruitment context, and questionnaire-administration setting are reported; the specific dates of recruitment and data collection are not reported.
Participants	6	(*a*) Give the eligibility criteria, and the sources and methods of selection of participants	Pages 8–9, Lines 207–214.
Variables	7	Clearly define all outcomes, exposures, predictors, potential confounders, and effect modifiers. Give diagnostic criteria, if applicable	Pages 10–12, Lines 236–299. The outcome, exposure, mediator, moderator, and covariates are defined in Sections 2.3 and 2.4.
Data sources/ measurement	8*	For each variable of interest, give sources of data and details of methods of assessment (measurement). Describe comparability of assessment methods if there is more than one group	Pages 10–11, Lines 236–277.
Bias	9	Describe any efforts to address potential sources of bias	Page 9, Lines 216–233; Pages 11–12, Lines 279–281 and 301–306; Pages 24–25, Lines 641–650.
Study size	10	Explain how the study size was arrived at	Page 9, Lines 209–214. The numbers invited and included are reported; no a priori sample-size calculation or other formal study-size rationale is reported.
Quantitative variables	11	Explain how quantitative variables were handled in the analyses. If applicable,	Pages 10–12, Lines 238–299. The scoring of the quantitative measures, standardization of focal variables,

		describe which groupings were chosen and why	interaction term, and conditional values of RESE are described.
Statistical methods	12	(*a*) Describe all statistical methods, including those used to control for confounding	Pages 11–12, Lines 279–299.
		(*b*) Describe any methods used to examine subgroups and interactions	Pages 11–12, Lines 282–299. Gender comparisons, the FoMO × RESE interaction, and conditional effects at the mean and 1 SD below and above the mean of RESE are described.
		(*c*) Explain how missing data were addressed	Page 9, Lines 209–212. Questionnaires with substantial missing data or incomplete responses were excluded; no additional imputation procedure is reported.
		(*d*) If applicable, describe analytical methods taking account of sampling strategy	Page 9, Lines 207–208. Intact-class cluster sampling is reported; no analytical adjustment for class-level clustering is reported.
		(*e*) Describe any sensitivity analyses	Not conducted; no sensitivity analyses were reported.
Results			
Participants	13*	(a) Report numbers of individuals at each stage of study—eg numbers potentially eligible, examined for eligibility, confirmed eligible, included in the study, completing follow-up, and analysed	Page 9, Lines 209–214.
		(b) Give reasons for non-participation at each stage	Page 9, Lines 210–212.
		(c) Consider use of a flow diagram	No flow diagram was used; participant numbers and exclusions are reported in the text on Page 9, Lines 209–214.
Descriptive data	14*	(a) Give characteristics of study participants (eg demographic, clinical, social) and information on exposures and potential confounders	Page 9, Lines 212–214; Pages 12–13, Lines 307–327; Tables 1 and 2.
		(b) Indicate number of participants with missing data for each variable of interest	Page 9, Lines 210–212. Variable-level missing data are not separately reported; questionnaires with substantial missing data or incomplete responses were excluded.
Outcome data	15*	Report numbers of outcome events or summary measures	Pages 12–13, Lines 307–327; Tables 1 and 2.
Main results	16	(*a*) Give unadjusted estimates and, if applicable, confounder-adjusted estimates and their precision (eg, 95% confidence interval). Make clear which confounders	Page 11, Lines 287–291; Pages 12–16, Lines 317–390; Tables 2–6. Unadjusted correlations and covariate-

		were adjusted for and why they were included	adjusted regression estimates with 95% confidence intervals are reported.
		(*b*) Report category boundaries when continuous variables were categorized	Not applicable to the focal variables because they were analyzed as continuous scores. Conditional effects were examined at the mean and 1 SD below and above the mean of RESE on Pages 15–16, Lines 373–386.
		(*c*) If relevant, consider translating estimates of relative risk into absolute risk for a meaningful time period	Not applicable; the outcome was analyzed as a continuous sleep quality score, and no relative-risk estimates were calculated.
Other analyses	17	Report other analyses done—eg analyses of subgroups and interactions, and sensitivity analyses	Page 12, Lines 301–315; Pages 15–16, Lines 361–390. Preliminary common-method-variance assessment, gender comparisons, interaction analysis, and conditional indirect associations are reported.
Discussion			
Key results	18	Summarise key results with reference to study objectives	Pages 17–22, Lines 399–570; Pages 26–27, Lines 681–699.
Limitations	19	Discuss limitations of the study, taking into account sources of potential bias or imprecision. Discuss both direction and magnitude of any potential bias	Pages 24–26, Lines 626–680.
Interpretation	20	Give a cautious overall interpretation of results considering objectives, limitations, multiplicity of analyses, results from similar studies, and other relevant evidence	Pages 17–24, Lines 399–625; Pages 26–27, Lines 681–699.
Generalisability	21	Discuss the generalisability (external validity) of the study results	Page 26, Lines 671–679
Other information			
Funding	22	Give the source of funding and the role of the funders for the present study and, if applicable, for the original study on which the present article is based	Separate title page, Funding statement. Funding sources are reported; the role of the funders is not stated.

*Give information separately for exposed and unexposed groups.