Supplementary Table 1. Formula (and its factors) used to determine the global circadian score for each subject studied

GCS formula	$GCS=(F1_{score}\times F1_{\%variance})+(F2_{score}\times F2_{\%variance})+(F3_{score}\times F3_{\%variance})+(F4_{score}\times F4_{\%variance})+(F5_{score}\times F5_{\%variance})$
Factor scores	
Factor 1 (F1 score)	$TAP_{CFI}\times 0.96+TAP_{amplitude}\times 0.96+TAP_{PR}\times 0.92+TAP_{IS}\times 0.92+TAP_{RA}\times 0.89$
Factor 2 (F2 score)	$TAP_{mesor}\times 0.95+TAP_{average}\times 0.95$
Factor 3 (F3 score)	Cortisol 23:00×0.91+Log morning/evening cortisol ratio×(-0.89)+Cortisol 14:00×0.71
Factor 4 (F4 score)	Dinner start time×0.95+Dinner finish time×0.93
Factor 5 (F5 score)	Breakfast start time×0.95+breakfast finish time×0.92
Factor variance	
Factor 1 (F1 %variance)	16.96%
Factor 2 (F2 %variance)	10.42%
Factor 3 (F3 %variance)	8.42%
Factor 4 (F4 %variance)	7.86%
Factor (F4 %variance)	6.12%

Each factor score composed of each variable multiplied by its eigenvalue. Then, each factor score is multiplied by the percentage of the variance of the total information explained by this factor. *GCS* global circadian score, *TAP* integrative variable combining temperature, activity and position, *CFI* circadian function index, *PR* percentage of rhythmicity, *IS* interdaily stability, *RA* relative amplitude