

SUPPLEMENTARY INFORMATION

Supplementary Table S1. Standardized estimates with bootstrapped 95% confidence intervals for indirect effects and their components, direct effects and covariances in the mediation analysis.

Effect type	Path	Label	Standardized estimate	Standard error	95% CI	
					Lower	Upper
Indirect effects	PNTP → GP → BP	a1*c	.046	.022	.004	.087
	PHTP → GP → BP	a2*c	-.008	.008	-.023	.007
	FTP → GP → BP	a3*c	-.056	.026	-.106	-.006
	PPTP → GP → BP	a4*c	.016	.010	-.003	.036
	PFTP → GP → BP	a5*c	.004	.010	-.013	.020
	PNTP → GP → BP → Fatigue	a1*c*e1	.010	.005	.000	.019
	PNTP → GP → BP → Sufficiency	a1*c*e2	-.014	.007	-.028	-.001
	PNTP → GP → Fatigue	a1*d1	-.002	.020	-.041	.038
	PNTP → GP → Sufficiency	a1*d2	.019	.021	-.020	.059
	PNTP → BP → Fatigue	b1*e1	.025	.015	-.005	.055
	PNTP → BP → Sufficiency	b1*e2	-.037	.021	-.078	.004
	PHTP → GP → BP → Fatigue	a2*c*e1	-.002	.002	-.005	.002
	PHTP → GP → BP → Sufficiency	a2*c*e2	.003	.003	-.002	.008
	PHTP → GP → Fatigue	a2*d1	.000	.005	-.007	.007
	PHTP → GP → Sufficiency	a2*d2	-.003	.006	-.013	.006
	PHTP → BP → Fatigue	b2*e1	.006	.012	-.017	.029
	PHTP → BP → Sufficiency	b2*e2	-.009	.018	-.043	.026
	FTP → GP → BP → Fatigue	a3*c*e1	-.012	.006	-.024	-.001
	FTP → GP → BP → Sufficiency	a3*c*e2	.018	.009	.001	.035
	FTP → GP → Fatigue	a3*d1	.002	.025	-.046	.051
	FTP → GP → Sufficiency	a3*d2	-.024	.025	-.073	.025
	FTP → BP → Fatigue	b3*e1	-.041	.016	-.072	-.009
	FTP → BP → Sufficiency	b3*e2	.059	.022	.017	.102
	PPTP → GP → BP → Fatigue	a4*c*e1	.004	.002	-.001	.008
	PPTP → GP → BP → Sufficiency	a4*c*e2	-.005	.003	-.012	.001
	PPTP → GP → Fatigue	a4*d1	-.001	.008	-.015	.014
	PPTP → GP → Sufficiency	a4*d2	.007	.008	-.008	.022
	PPTP → BP → Fatigue	b4*e1	.001	.013	-.023	.026
	PPTP → BP → Sufficiency	b4*e2	-.002	.019	-.038	.033
	PFTP → GP → BP → Fatigue	a5*c*e1	.001	.002	-.003	.004
	PFTP → GP → BP → Sufficiency	a5*c*e2	-.001	.003	-.006	.004
	PFTP → GP → Fatigue	a5*d1	.000	.004	-.004	.003
	PFTP → GP → Sufficiency	a5*d2	.002	.005	-.006	.010
	PFTP → BP → Fatigue	b5*e1	-.006	.012	-.030	.018
	PFTP → BP → Sufficiency	b5*e2	.009	.018	-.026	.044
	GP → BP → Fatigue	c*e1	.028	.013	.002	.054
	GP → BP → Sufficiency	c*e2	-.041	.019	-.078	-.004

Components of indirect effects	PNTTP → GP	a1	.353	.061	.237	.470
	PHTTP → GP	a2	-.062	.055	-.170	.046
	FTP → GP	a3	-.437	.051	-.533	-.341
	PPTTP → GP	a4	.128	.049	.031	.225
	PHTTP → GP	a5	.030	.062	-.092	.152
	PNTTP → BP	b1	.116	.062	-.004	.237
	PHTTP → BP	b2	.027	.055	-.081	.134
	FTP → BP	b3	-.187	.062	-.307	-.067
	PPTTP → BP	b4	.007	.057	-.105	.118
	PHTTP → BP	b5	-.029	.056	-.139	.081
	GP → BP	c	.129	.056	.018	.240
	GP → Fatigue	d1	-.005	.057	-.116	.106
	GP → Sufficiency	d2	.055	.058	-.057	.167
	BP → Fatigue	e1	.218	.048	.126	.309
	BP → Sufficiency	e2	-.318	.050	-.407	-.228
Direct effects	PNTTP → Fatigue		.177	.070	.041	.312
	PHTTP → Fatigue		-.096	.060	-.213	.021
	FTP → Fatigue		-.026	.064	-.151	.099
	PPTTP → Fatigue		-.081	.058	-.194	.032
	PFTP → Fatigue		.059	.063	-.066	.184
	PNTTP → Sufficiency		-.048	.059	-.165	.068
	PHTTP → Sufficiency		.041	.060	-.076	.157
	FTP → Sufficiency		.049	.064	-.077	.175
	PPTTP → Sufficiency		.028	.060	-.089	.145
	PFTP → Sufficiency		-.039	.059	-.154	.076
Covariances	Fatigue ↔ Sufficiency		-.394	.050	-.529	-.357
	PNTTP ↔ PHTTP		.253	.059	.140	.365
	PNTTP ↔ FTP		.151	.066	.026	.276
	PNTTP ↔ PPTTP		.127	.064	.005	.248
	PNTTP ↔ PFTP		.426	.060	.332	.520
	PHTTP ↔ FTP		.004	.062	-.118	.126
	PHTTP ↔ PPTTP		.424	.065	.315	.533
	PHTTP ↔ PFTP		.378	.064	.280	.476
	FTP ↔ PPTTP		.320	.064	.211	.429
	FTP ↔ PFTP		-.169	.063	-.288	-.050
	PPTTP ↔ PFTP		.089	.062	-.029	.207

Note. PNTTP: Past negative time perspective, PHTTP: Present hedonistic time perspective, FTP: Future time perspective, PPTTP: Past positive time perspective, PFTP: Present Fatalistic Time Perspective, GP: General procrastination, BP: bedtime procrastination, Fatigue: self-reported daytime fatigue, Sufficiency: self-reported sleep sufficiency.