

Table II. Questionnaire Data Results.

Subjective variables	Boys (n=106)
Physical Activity	
Participate in organized sports (n, %)	81 (76.4)
Participate in physical activity or sports >6hrs/week (n, %)	56 (52.8)
Physical activity where you sweat or breath hard >6days/week (n, %)	42 (39.6)
Do you sleep enough?	
Sleep too much (n, %)	2 (1.9)
Most often get enough sleep (n, %)	53 (50.0)
Half of the time get enough sleep (n, %)	28 (26.4)
Seldom get enough sleep (n, %)	23 (21.7)

Abbreviations: n, number of participants. %, percentage. P-value is calculated with χ^2 test between sexes.