

**Table III. Objective Accelerometer Data.**

	Boys (mean ± SD)			Girls (mean ± SD)	
	SchD	NSchD	All Days	SchD	NSchD
<b>Physical Activity</b>					
Physical Activity (3D-counts/min/day)	2215.2 ± 493.0	1645.8 ± 537.3	1991.8 ± 463.4	2180.4 ± 520.5	1857.4 ± 500.0
<b>Sleep</b>					
Total Rest Time (hours/day)	7.04 ± 0.79	8.45 ± 1.36	7.77 ± 0.70	7.07 ± 0.79	8.43 ± 1.36
Total Sleep Time (hours/day)	6.17 ± 0.72	7.3 ± 1.2	6.6 ± 0.67	6.2 ± 0.70	7.4 ± 0.9
Sleep Efficiency (%)	87.9 ± 4.5	86.7 ± 4.2	87.5 ± 3.9	87.8 ± 4.5	87.9 ± 5.0
Achieved ≥ 8Hrs TRT (n, %)	8 ( 5.0 )	73 ( 68.9 )	23 ( 21.7 )	21 ( 19.8 )	105 ( 65.0 )

Abbreviations: n, number. 3D-counts/min/day, the average of minutes of count per day. %, Percentage. TRT, total rest time. TST, total sleep time. °C, Celcius. \* Girls > Boys on Non-School Days (p<0.01 for post-hoc test).