

Table VI. Subjective Physical Activity Data vs Objective Sleep Data

	Subjective Physical Activity Questionnaire				
	Participate in organized sports			Participate in physical activity >6hrs/week	
	Yes (n=189)	No (n=77)	p	Yes (n=115)	No (n=151)
Objective Sleep Data					
All Days					
Total Rest Time (min)	7.5 ± 0.7	7.6 ± 0.7	0.422	7.6 ± 0.7	7.6 ± 0.7
Total Sleep Time (min)	6.6 ± 0.6	76.7 ± 0.7	0.492	6.6 ± 0.6	6.6 ± 0.6
Sleep Efficiency (%)	87.7 ± 4.0	87.7 ± 4.6	0.939	87.8 ± 4.0	87.6 ± 4.4
Achieved ≥ 8Hrs TRT (n, %)	42 (22.2)	19 (24.7)	0.673	30 (26.1)	31 (20.5)
Achieved ≥ 8Hrs TST (n, %)	2 (1.1)	3 (3.9)	0.229	1 (0.9)	4 (2.6)
School Days					
Total Rest Time (min)	7.1 ± 0.8	7.1 ± 0.8	0.422	7.1 ± 0.7	7.0 ± 0.8
Total Sleep Time (min)	6.2 ± 0.7	6.2 ± 0.7	0.492	6.2 ± 0.7	6.2 ± 0.7
Sleep Efficiency (%)	87.9 ± 4.3	87.7 ± 4.9	0.939	87.9 ± 4.5	87.8 ± 4.5
Achieved ≥ 8Hrs TRT (n, %)	21 (11.1)	8 (10.4)	0.673	12 (10.4)	17 (11.3)
Achieved ≥ 8Hrs TST (n, %)	0 (0.0)	1 (1.3)	0.229	0 (0.0)	1 (0.7)
Nonschool Days					
Total Rest Time (min)	8.4 ± 1.2	8.6 ± 1.1	0.422	8.4 ± 1.2	8.5 ± 1.2
Total Sleep Time (min)	7.3 ± 1.1	7.5 ± 1.0	0.492	7.4 ± 1.1	7.4 ± 1.1
Sleep Efficiency (%)	87.3 ± 4.6	87.6 ± 5.1	0.939	87.5 ± 4.4	87.4 ± 5.1
Achieved ≥ 8Hrs TRT (n, %)	125 (66.1)	53 (68.8)	0.673	76 (66.1)	102 (67.5)
Achieved ≥ 8Hrs TST (n, %)	43 (22.8)	22 (28.6)	0.229	28 (24.3)	37 (24.5)

Abbreviations: n, number. %, percentage. TRT, total rest time. TST, total sleep time.