



Figure 1S Frequency histograms of indicators characterising the state of the circadian system and time perspective. *Note:* S = skewness; K = kurtosis; PA-(+) = Past negative (positive) TP; PR_{H(F)} = Present hedonistic (fatalistic) TP; FUT = future TP; DBTP = the deviation from balanced TP; MSF_{sc} = chronotype; SJL = social jetlag.