

Table 1 Sleeping and waking hours and sleep duration of adolescent during the week and at weekends

	Sleeping after 22:30 h n (%)	Waking before 06:30 h n (%)	Sleep duration < 8 h n (%)
WD	289 (57.9)	274 (54.8)	280 (56.0)
WE	410 (82)	20 (4.0)	70 (14.0)

WD = weekdays; WE = weekends.