

Supplementary Table 1. Characteristic of each PMS pattern

	affective type (n = 23)	Non-affective type (n = 142)	P value
Age (y)	18.7 ± 0.8	18.9 ± 1.0	0.335
BMI (kg/m ²)	27.2 ± 3.7	20.9 ± 3.1	0.419
Sleeping Time (min)	360.0 ± 46.1	365.3 ± 57.6	0.677
Caffeine (g/day)	379.8 ± 318.9	327.4 ± 289.6	0.428
	Mixed type (n = 36)	Non-mixed type (n = 129)	P value
Age (y)	18.7 ± 1.1	18.9 ± 0.9	0.221
BMI (kg/m ²)	25.0 ± 3.0	20.9 ± 3.2	0.410
Sleeping Time (min)	353.3 ± 38.7	367.7 ± 59.8	0.176
Caffeine (g/day)	382.8 ± 355.4	321.3 ± 273.7	0.268
	Somatic type (n = 42)	Non-somatic type (n = 123)	P value
Age (y)	18.6 ± 0.8	18.9 ± 1.0	0.078
BMI (kg/m ²)	20.7 ± 2.9	22.2 ± 6.0	0.556
Sleeping Time (min)	353.6 ± 52.4	368.3 ± 57.0	0.142
Caffeine (g/day)	305.0 ± 234.0	344.8 ± 311.2	0.449

BMI : Body Mass Index