**Table S1.** Generalized linear models for women only, with **total GSRS scores** and melatonin measured 30 minutes after waking up, at 11:00 hours and 30 minutes after lunch. Potential confounding factors are included in the analysis.

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
|  | **Mel awake + 30 min** | **OCs** | **SSRI/SNRI** | **BMI** |
| B | 0.004 | 0.109 | 0.035 | -0.003 |
| SE | 0.0030 | 0.0919 | 0.0877 | 0.0075 |
| *p* | 0.157 | 0.237 | 0.687 | 0.702 |
|  | **Mel 11:00 hours** |  |  |  |
| B | 0.009 | 0.111 | 0.005 | -0.002 |
| SE | 0.0065 | 0.0890 | 0.0851 | 0.0073 |
| *p* | 0.168 | 0.212 | 0.951 | 0.788 |
|  | **Mel lunch + 30 min** |  |  |  |
| B | **0.016** | 0.094 | 0.063 | 0.002 |
| SE | **0.0064** | 0.0872 | 0.0831 | 0.0074 |
| *p* | **0.016** | 0.284 | 0.446 | 0.742 |
| *q* | **0.048\*** |  |  |  |

Reference variables: no OC, no SSRI/SNRI.

Abbreviations: Mel=melatonin, OCs=oral contraceptives, SSRI/SNRI=selective serotonin re-uptake inhibitors/serotonin-noradrenaline re-uptake inhibitors, BMI=body mass index, SD=standard error

\* indicating significance at the level of *q*<0.05 after Bonferroni correction.