

Table 2: ANOVA result for the association between the total weekly amount of moderate activity and night sleep duration.

Model	Sum of squares	df	Mean square	F	Sig.
Regression	205741.487	1	205741.487	7.417	.034
Residual	166433.513	6	27738.919		
Total	372175.000	7			

Dependent variable: moderate activity, min. Predictor: (Constant), night sleep duration, min.