

Table 3: Coefficients for linear regression analysis for the total weekly amount of moderate activity and night sleep duration.

Model	Unstandardized coefficients		Standardized coefficients	t	Sig.
	B	SE	Beta		
(Constant)	-674.145	456.513		-1.477	.190
Sleep duration	3.053	1.121	.584	2.723	.034

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