

Table 4: Model summary demonstrating the percentage of the variation in the total weekly amount of moderate activity that is explained by average nighttime sleep.

R	R²	Adjusted R²	Std. error of the estimate	Change statistics		
				R² change	F change	Sig. F change
.584	.553	.478	166.550	.553	7.417	1 6 .034

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