

Participant ID	Age	Avg. Screen Time (hrs)	Avg. Sleep Quality (1–10)
P01	13	0.1	10
P02	14	1.1	10
P03	13	3.4	6
P04	13	3.0	5
P05	13	0.5	9
P06	16	1.1	10
P07	15	4.0	3
P08	14	3.5	5
P09	15	0.8	9
P10	13	0.5	9
P11	15	4.2	5
P12	15	4.0	5
P13	16	2.7	6
P14	13	2.8	7
P15	15	2.9	7
P16	13	0.2	9
P17	15	4.9	2
P18	13	1.9	8
P19	15	0.8	9
P20	15	0.8	9