

TABLE 1.

Variables and measures used in the study

Variable	Measure	Use in the analyses
Family affluence	Family affluence was measured using the FAS (Family Affluence Scale) indicator (44–45), which asked six questions about the family’s cars, computers, foreign holidays, bathrooms, dishwasher, and the respondent’s own room.	Affluence was examined as relative affluence. Based on the total sum of the responses, three different categories were formed: the lowest 20%, the middle 60%, and the highest 20%.
Age-specific sleep duration recommendation	To calculate the duration of sleep, respondents were asked about their bedtime on the evening before a school day, via the question: ‘When do you usually go to bed if you have to go to school the next morning?’; also their wake-up time on a school day morning via the question: ‘When do you usually wake up on school mornings?’ (40).	The respondent’s sleep duration was not in accordance with the recommendation if the duration was less than 9 hours or more than 11 hours for 11- and 13-year-olds, and less than 8 hours or more than 10 hours for 15-year-olds (15).
Energy drink consumption	The consumption of energy drinks was inquired about as part of a food frequency questionnaire (FFQ) (40), which asked how often the respondent ate or drank each food item. The response options were: ‘Never’, ‘Less than once a week’, ‘Once a week’, ‘2–4 days a week’, ‘5–6 days a week’, ‘Every day, once a day’, and ‘Every day, more than once’.	<p>The response options were categorized to describe consumption as follows: ‘No consumption’, ‘Less than weekly’, ‘Once a week’, ‘More than once a week’.</p> <p>‘Once a week’ and ‘More than once a week’ were taken to describe weekly consumption.</p> <p>In the regression analyses:</p> <p>Model 1A and 2A:</p> <p>1 = No consumption, 0 = Other categories</p> <p>Model 1B and 2B:</p> <p>1 = More than once a week, 0 = Other categories</p>