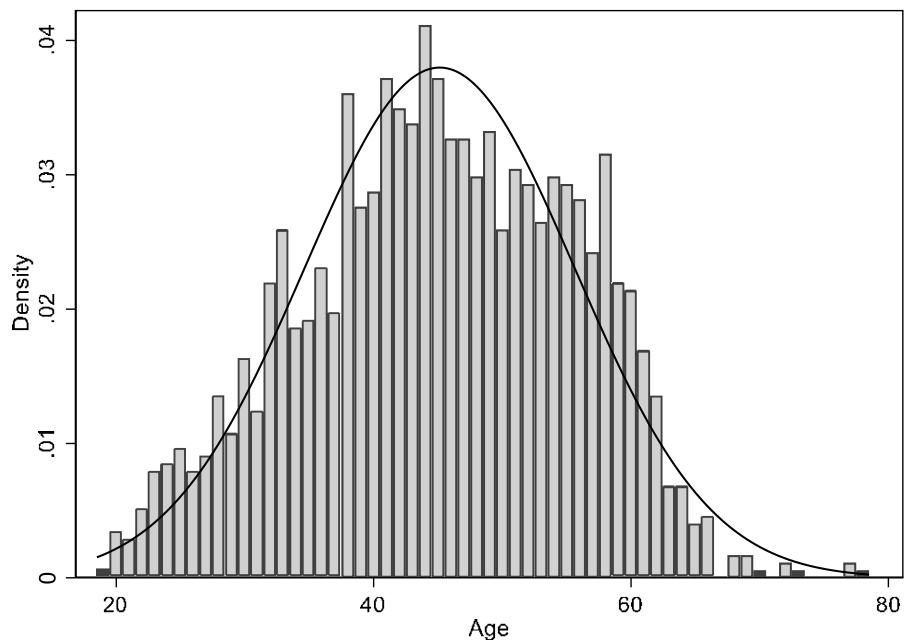


Appendices

Chapter 4

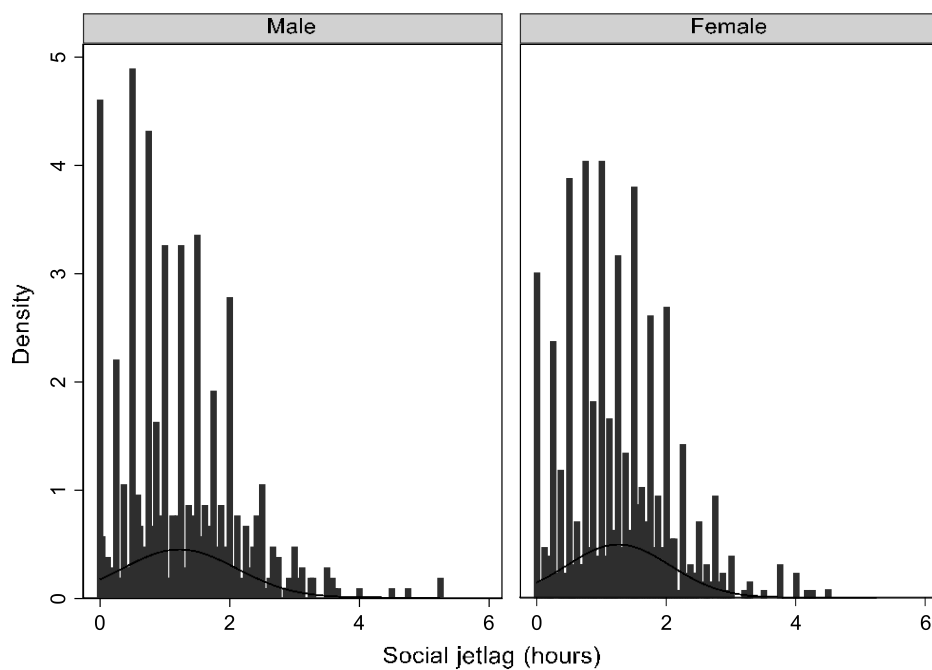
Figure A1. Age distribution of the analytical sample



Note: N = 1760, weighted

Source: Czech Household Panel Study 2018

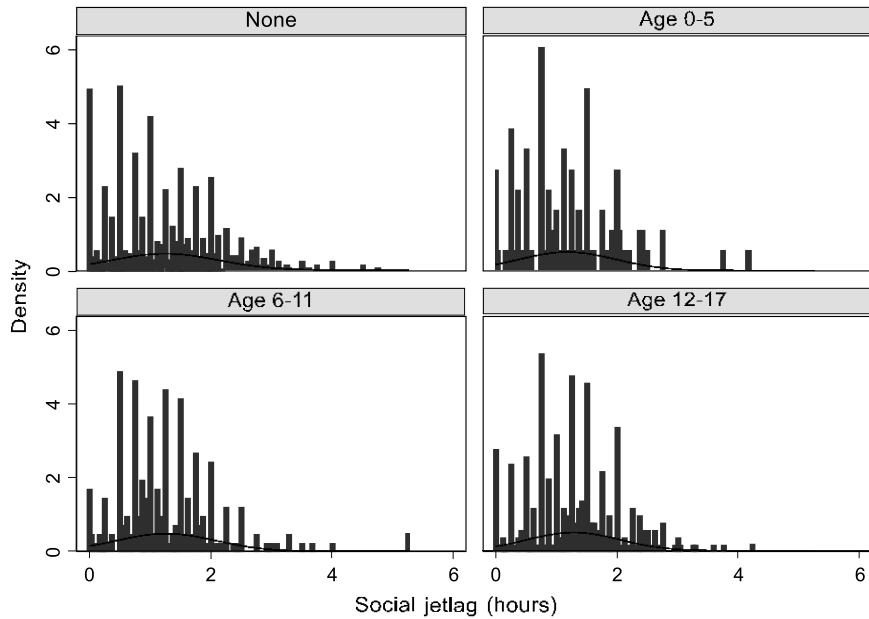
Figure A2. Age by social jetlag distribution of the analytical sample



Note: N = 1379, weighted

Source: Czech Household Panel Study 2018

Figure A3. Households with children age group distribution of the analytical sample



Age 0-5 = at least one child between the age of 0 to 5
 Age 6-11 = at least one child between the age of 6 to 11
 Age 12-17 = at least one child between the age of 12 to 17
 Note: N = 1760, weighted
 Source: Czech Household Panel Study 2018

Table A4. Estimated Coefficients From Mixed-Effects Regression With the Dependent Variable: Social Jetlag, controlling for Best Alertness midpoint (BAmid)

	M1	M2	M3	M4
Age	-0.012**	-0.012**	-0.011**	-0.011**
Sex (male)				
Female	0.042	0.083	0.079	0.077
Best Alertness midpoint	0.009	0.01	0.01	0.01
Average working hours per week (< 40 hours)				
40 hours		0.121*	0.123*	0.125*
41-49 hours		0.181**	0.181**	0.189**
50 hours or more		0.051	0.046	0.046
Self-employed				
Yes		-0.398**	-0.403**	-0.215*
Commuting time		0.002*	0.002*	0.002*
Municipality size	-0.007	0.005	0.004	0.003
Social class (I - managers, higher grade professionals, employers etc.)				
II - Lower-grade professionals etc.		0.094		
III - Intermediate occupations		0.160*		
IV - Lower services, sales, clerical		0.161*		
V - Lower technical occupations		0.494**		
VI - Routine occupations		0.438**		
Social class (I & II)				
Class III & IV			0.113*	0.147**
Class V & VI			0.416**	0.485**
Social class#Self-employed				
Class III & IV#Self-employed				-0.276
Class V & VI#Self-employed				-0.507**
Constant	1.667**	1.282**	1.335**	1.300**
Bayesian information criterion	3497.10	3451.28	3432.40	3435.58

* p<0.05, ** p<0.01

Note: N = 1435

Source: Czech Household Panel Study 2018

Table A5. Estimated Coefficients From Mixed-Effects Regression With the Dependent Variable: Social Jetlag among Professional and Service Classes, controlling for Best Alertness midpoint (BAmid)

	M1	M2	M3	M4	M5
Age	-0.014**	-0.013**	-0.013**	-0.013**	-0.014**
Sex (male)					
<i>Female</i>	0.026	0.064	0.066	0.049	-0.116
Best Alertness midpoint	0.006	0.008	0.008	0.008	0.007
Partner/Spouse at home	-0.118*	-0.076	-0.075	-0.075	-0.07
At least 1 child of age 0-5	-0.144*	-0.142*			
At least 1 child of age 6-11	-0.028	-0.042	-0.041	-0.042	-0.038
At least 1 child of age 12-17	0.058	0.045	0.039	0.045	0.041
Average working hours per week (< 40 hours)					
<i>40 hours</i>		0.104	0.095	0.109	-0.037
<i>41-49 hours</i>		0.156*	0.104	0.161*	0.003
<i>50 hours or more</i>		0.028	0.031	0.033	-0.119
Self-employed					
<i>Yes</i>		-0.407**	-0.408**	-0.406**	-0.410**
Commuting time		0.002*	0.002*	0.002*	0.002*
Social class (I & II)					
<i>Class III & IV</i>		0.102*	0.099*	0.101*	0.095*
<i>Class V & VI</i>		0.407**	0.409**	0.405**	0.405**
At least 1 child of age 0-5			-0.208	-0.182*	-0.241
At least 1 child of age 0-5#Working hours per week (< 40 hours)					
child#40 hours			0.017		-0.034
child#41-49 hours			0.313		0.207
child#50 hours or more			-0.036		0.062
At least 1 child of age 0-5#Female				0.081	0.056
Female#Working hours per week (< 40 hours)					
Female#40 hours					0.199
Female#41-49 hours					0.143
Female#50 hours or more					0.244
Female#At least 1 child 0-5 of age#Working hours per week (< 40 hours)					
Female#child#40 hours					0.112
Female#child #41-49 hours					0.32
Female#child #50 hours or more					-0.277
Constant	1.864**	1.572**	1.600**	1.578**	1.741**
Bayesian information criterion	3502.92	3441.538	3457.635	3448.187	3501.188

* p<0.05, ** p<0.01

Note: N = 1435

Source: Czech Household Panel Study 2018

Chapter 5

Table A1. Control variables balancing before and after matching: fathers with at least one child aged ≥ 6 and ≤ 11 years vs. childless men

	Before matching				After matching			
	Mean			Variance Ratio	Mean			Variance Ratio
	Treated (Fathers)	Controls (Childless)	% bias		Treated (Fathers)	Controls (Childless)	% bias	
Age ¹	41.834	49.014	-56.9	0.12	41.834	42.322	-3.9	0.95
Education	0.281	0.196	20.0		0.281	0.296	-3.5	
Household income ¹	2.809	2.315	44.2	0.77	2.809	2.749	5.4	1.24
<i>N</i>	199	927			199	927		

CHPS 2018. % bias = standardized percentage bias

¹The variables age and household income were entered in squared terms to reach a better balancing.

Table A2. Control variables balancing before and after matching: mothers with at least one child aged ≥ 6 and ≤ 11 years vs. childless women

	Before matching				After matching			
	Mean			Variance Ratio	Mean			Variance Ratio
	Treated (Mothers)	Controls (Childless)	% bias		Treated (mothers)	Controls (Childless)	% bias	
Age ¹	39.209	50.752	-97.1	0.11	39.376	39.423	-0.4	1.0
Education	0.286	0.167	28.6		0.243	0.228	3.8	
Household income ¹	2.610	2.162	39.0	0.84	2.566	2.550	1.4	1.0
<i>N</i>	287	1,090			189 ²	1,090		

CHPS 2018. % bias = standardized percentage bias

¹The variables age and household income were entered in squared terms to reach a better balancing.

²98 treated were excluded by the algorithm due to no common support

Table A3. Control variables balancing before and after matching: fathers with at least one child aged ≥ 12 and ≤ 17 years childless men

	Before matching				After matching			
	Mean			Variance Ratio	Mean			Variance Ratio
	Treated (Fathers)	Controls (Childless)	% bias		Treated (Fathers)	Controls (Childless)	% bias	
Age ¹	42.656	49.014	-49.7	0.15	42.653	42.970	-2.5	0.95
Education	0.278	0.196	19.2		0.270	0.284	-3.4	
Household income ¹	2.847	2.315	47.6	0.77	2.846	2.891	-4.0	1.02
<i>N</i>	288	927			285 ²	927		

CHPS 2018. % bias = standardized percentage bias

¹The variables age and household income were entered in squared terms to reach a better balancing.

²3 treated were excluded by the algorithm due to no common support

Table A4. Control variables balancing before and after matching: mothers with at least one child aged ≥ 12 and ≤ 17 years vs. childless women

	Before matching				After matching			
	Mean		% bias	Variance Ratio	Mean		% bias	Variance Ratio
	Treated (Mothers)	Controls (Childless)			Treated (Mothers)	Controls (Childless)		
Age ¹	41.081	50.752	-80.4	0.13	41.102	41.056	0.4	0.98
Education	0.328	0.167	37.9		0.292	0.278	3.4	
Household income ¹	2.725	2.162	49.4	0.82	2.725	2.725	0.0	1.03
<i>N</i>	360	1,090			342 ²	1,090		

CHPS 2018. % bias = standardized percentage bias

¹The variables age and household income were entered in squared terms to reach a better balancing.

²18 treated were excluded by the algorithm due to no common support