Supplementary Table 3. Results of simple linear regression analysis regarding the prediction of sleep hygiene between exam anxiety

Variables	B	SE	β	t	p-value
Sleep hygiene	2.287	0.131	-	17.517	<0.001
Exam anxiety	0.175	0.039	0.272	4.451	<0.001
$R=0.272$, $R^2=0.074$, $F(1, 248)=19.809$, $p<0.001$					

Dependent variable: sleep hygiene.
SE, standard error.