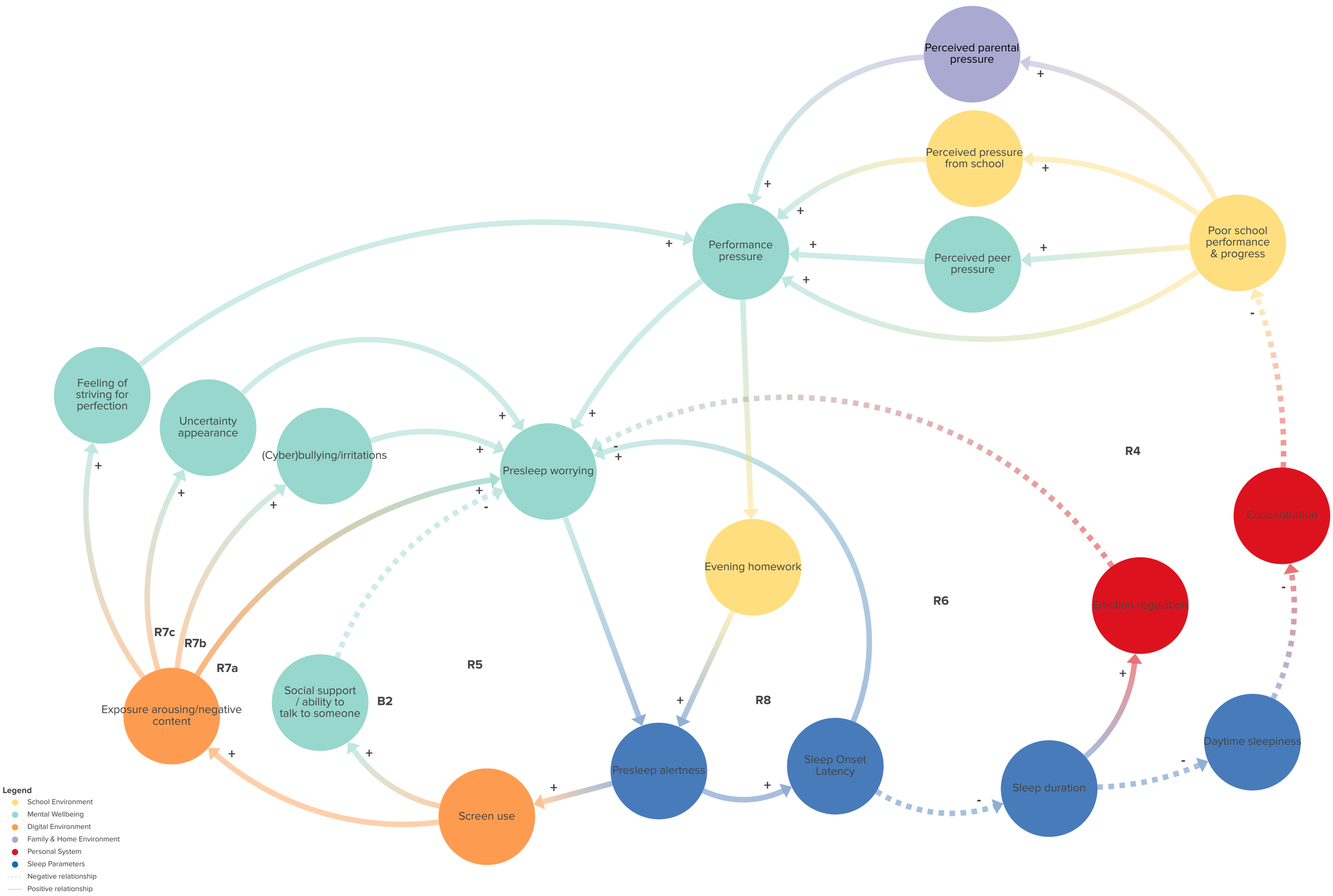
Perceived parental pressure
Perceived pressure from school
Perceived peer pressure
Performance pressure
Poor school performance & progress
Feeling of striving for perfection
Uncertainty appearance
(Cyber)bullying/irritations
Presleep worrying
Evening homework
Concentration
Emotion regulation
Exposure arousing/negative content
Social support / ability to talk to someone
Screen use
Presleep alertness
Sleep Onset Latency
Sleep duration
Daytime sleepiness
R4
R5
R6
R7a
R7b
R7c
B2
R8
Legend
School Environment
Mental Wellbeing
Digital Environment
Family & Home Environment
Personal System
Sleep Parameters
Negative relationship
Positive relationship