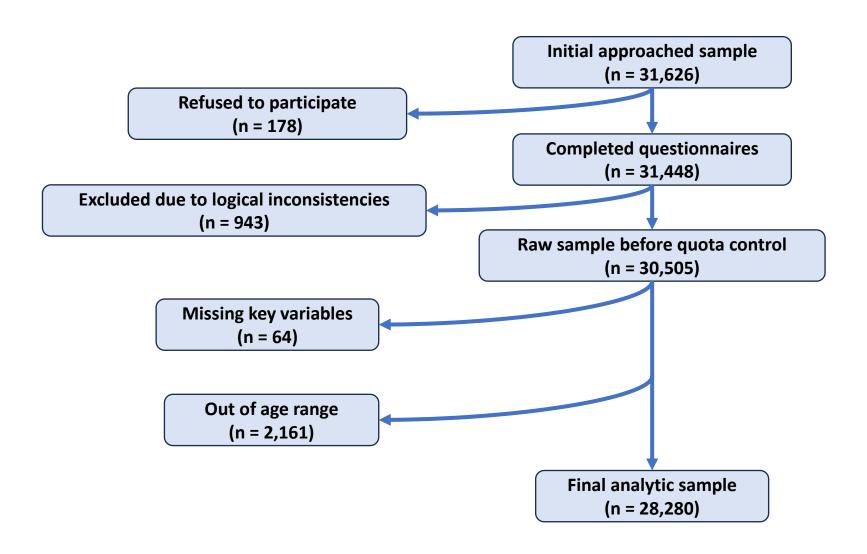


Supplementary Figure 1. Mediation analysis of the relationship between intermittent fasting (IF), sleep duration, and physical activity (PA).



Supplementary Figure 2. Flow diagram of participant recruitment and sample selection.