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| **Table A1** *Activity types and* frequencies |
| **Activity type** | **Example** | **Average duration per person day (minute)** | **Average frequency per person day** |
| Personal care | Sleep, Eating | 616 | 5.30 |
| Employment | Working time in main job, Coffee and other breaks in main job | 261 | 1.06 |
| Study | School or university | 15 | 0.12 |
| Household and family care | Food management, Gardening | 178 | 4.24 |
| Volunteer work and meetings | Organizational work, Informal help to other household | 14 | 0.23 |
| Social life and entertainment | Socializing with household members, Cinema | 65 | 1.45 |
| Sports and outdoor activities | Physical exercise, Productive exercise | 14 | 0.21 |
| Hobbies and games | Performing arts, Games and play with others | 24 | 0.45 |
| Mass media | Reading, TV, Radio | 14.4 | 2.12 |
| Travel and unspecified time use | Travel related to education, No main activity | 110 | 3.35 |

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| **Table A2** *Multivariate discrepancy analysis of the differentiation* *among daily rhythms in 2015* |
| DV: | **Differentiation** **in timing (HAM)** | **Differentiation** **in sequencing (SVR)** |
| Family income group | 5.946\*\*\* | 2.025 |
| Economy activity: unemployed(Ref: In employment)  | 19.621\*\*\* | 0.347 |
| Economy activity: inactive (Ref: In employment) | 116.721\*\*\* | 3.449 |
| Economy activity: not classifiable(Ref: In employment) | 3.154\*\*\* | 0.010 |
| Gender (2=Female) | 22.322\*\*\* | 0.752 |
| Marriage statues: married(Ref: single) | 7.136\*\*\* | 1.872 |
| Marriage statues: divorced(Ref: single) | 1.923\*\* | 0.571 |
| Age group | 8.708\*\*\* | 1.363 |
| Percentage of media use timea | 16.884\*\*\* | 2.153 |
| Computer accessibility | 1.927\* | 0.540 |
| Mobile accessibility | 1.004 | 0.782 |
| Computer accessibility × Mobile accessibility | 0.912 | 0.330 |
| Total | 21.256\*\*\* | 1.233 |
| model using media use as an embedded device in 2015\* : *p* <0.05; \*\* : *p* <0.01; \*\*\* : *p* <0.001;a :separated into two groups |

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| **Table A3***Regression analysis of factors affect the daily rhythm characteristics in 2015* |
|  | **Diversity** |
| Family income group | 0.023\*\* (0.008) |
| Economy activity: unemployed (Ref: In employment)  | -0.014 (0.095) |
| Economy activity: inactive (Ref: In employment) | -0.272\*\*\* (0.045) |
| Economy activity: not classifiable (Ref: In employment) | -0.523 (0.349) |
| Gender (2=Female) | 0.141\*\*\* (0.035) |
| Marriage statues: married (Ref: single) | 0.080\*\* (0.030) |
| Marriage statues: divorced (Ref: single) | 0.006 (0.047) |
| Age group | 0.037 (0.072) |
| Percentage of media use time | 3.589\*\*\* (0.387) |
| Computer accessibility | 0.076 (0.049) |
| Mobile phone accessibility | -0.062 (0.045) |
| Computer accessibility × Mobile accessibility | 0.020 (0.063) |
| Constant | 5.079\*\*\* (0.121) |
| N | 4134 |
| Adj. R-squared | 0.033 |
| F Statistic (df = 23, 9483 ; 12, 4121) | 12.916\*\*\* |