| Time of getting up | Alarm clock (yes/no) | Sleep quality (min 0 - max 10) | Working day (yes/no) |
|-------------------|----------------------|-------------------------------|---------------------|
|                   |                      |                               |                     |

| Time of going to bed | Time of lights off | Minutes between lights off and sleep |
|----------------------|--------------------|--------------------------------------|
|                      |                    |                                      |

| Time of max. craving | Intensity of max. craving (min 0 - max 10) |
|----------------------|------------------------------------------|
|                      |                                          |

**To fill in:**
- "X" = Main meal
- "Sn" = Snack
- "Dc" = Drink containing caffeine
- "Ds" = Drink containing sugar or fruit juice
- "Mi" = Milk or dairy product
- "Sp" = Sports
- "Na" = Nap

### Diary

| Time of waking up | Today's date |
|-------------------|--------------|
|                   |              |

### Day 1

- **Today's mood (min 0 - max 10)**
- **Time of max. craving**
- **Intensity of max. craving (min 0 - max 10)**

| Time | 00:00 | 00:30 | 01:00 | 01:30 | 02:00 | 02:30 | 03:00 | 03:30 | 04:00 | 04:30 | 05:00 | 05:30 | 06:00 | 06:30 | 07:00 | 07:30 | 08:00 | 08:30 | 09:00 | 09:30 | 10:00 | 10:30 | 11:00 | 11:30 | 12:00 | 12:30 | 13:00 | 13:30 | 14:00 | 14:30 | 15:00 | 15:30 | 16:00 | 16:30 | 17:00 | 17:30 | 18:00 | 18:30 | 19:00 | 19:30 | 20:00 | 20:30 | 21:00 | 21:30 | 22:00 | 22:30 | 23:00 | 23:30 |
|------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|

### Comments:

| Day 2 | Day 3 | Day 4 | Day 5 | Day 6 | Day 7 |
|-------|-------|-------|-------|-------|-------|
|       |       |       |       |       |       |

**Time of going to bed**

**Time of lights off**

**Minutes between lights off and sleep**

**Today's mood**

**Alarm clock (yes/no)**

**Sleep quality (min 0 - max 10)**

**Working day (yes/no)**

**Today's date**

**To fill in:**
- "X" = Main meal
- "Sn" = Snack
- "Dc" = Drink containing caffeine
- "Ds" = Drink containing sugar or fruit juice
- "Mi" = Milk or dairy product
- "Sp" = Sports
- "Na" = Nap

**Comments:**
Table S1: Diary for recording sleeping, eating, and craving times. In the upper part of the diary, data on sleep times and sleep quality are collected. Sleep times are divided into the times of going to bed or getting up and the times of actual falling asleep or waking up, as the latter allow more reliable conclusions to be drawn about endogenous circadian rhythms of the test persons. It also notes whether the current day is a working day or a non-working day and whether an alarm clock was used to wake up. Furthermore, the average mood state, the highest intensity of craving for alcohol, and the time of the strongest craving of each day are recorded. In the lower part of the diary, all meals are entered in a table with a resolution of 30 min. When entering meals, a rough distinction is made between different foods and the size of the meal. Times of possible sports activities and naps are also entered in the table. At the bottom of each day there is space for possible comments, e.g. special events of the day which might have influenced the daily structure. The diary is a modification of an unpublished template, which we have been kindly provided by the laboratory of Prof. Till Roenneberg of the Institute of Medical Psychology at the Ludwig Maximilian University of Munich.