

## Supplementary Tables

Supplementary Table 1. Differences in sleep architecture in participants with IBD with and without insomnia.

	IBD without insomnia	IBD with insomnia	Significance (t-test)
Sleep onset latency	9.08 minutes (SD=4.25)	25.56 minutes (SD=33.12)	$p=0.25$
Wake after sleep onset	39.17 minutes (SD=19.43)	58.50 minutes (SD=26.11 minutes)	$p=0.15$
Total sleep time	6.92 hours (SD=0.56)	6.60 hours (SD=1.88)	$p=0.69$
Sleep efficiency	89.41% (SD=5.11%)	76.66% (SD=15.71%)	$p=0.08^a$
REM latency	67.92 minutes (SD=20.78)	90.50 minutes (SD=35.74)	$p=0.19$
REM sleep %	22.70% (SD=8.19%)	19.62% (SD=6.14%)	$p=0.42$
Stage 1 sleep (N1) %	4.97% (SD=2.45%)	5.20% (SD=3.10%)	$p=0.88$
Stage 2 sleep (N2) %	46.36% (SD=13.92%)	36.48% (SD=14.44%)	$p=0.21$
Stage 3 sleep (N3) %	25.98% (SD=14.40%)	33.15% (SD=12.01%)	$p=0.31$
Microarousals	14.08 (SD=7.30)	13.72 (SD=11.65)	$p=0.95$
Awakenings	30.58 (SD=13.44)	36.0 (SD=18.19)	$p=0.55$
a. Trend toward significance.			

Supplementary Table 2. Differences in sleep architecture in participants with IBD with and without active disease.

	IBD inactive disease	IBD active disease	Significance (t-test)
Sleep onset latency	11.93 minutes (SD=7.64)	27.21 minutes (SD=37.85)	$p=0.32$
Wake after sleep onset	54.86 minutes (SD=27.37)	50.57 minutes (SD=23.56)	$p=0.76$
Total sleep time	7.28 hours (SD=0.56)	6.09 hours (SD=1.96)	$p=0.17$
Sleep efficiency	87.02% (SD=5.45%)	74.94% (SD=17.67%)	$p=0.13$
REM latency	81.64 minutes (SD=27.96)	85.79 minutes (SD=37.42)	$p=0.82$
REM sleep %	22.36% (SD=4.60%)	18.55% (SD=8.76%)	$p=0.33$
Stage 1 sleep (N1) %	5.01% (SD=2.89%)	5.10% (SD=3.06%)	$p=0.95$
Stage 2 sleep (N2) %	42.84% (SD=9.95%)	36.54% (SD=18.89%)	$p=0.46$
Stage 3 sleep (N3) %	29.79% (SD=11.57%)	32.66% (SD=15.08%)	$p=0.70$
Microarousals	14.79 (SD=13.03)	13.79 (SD=7.01)	$p=0.86$
Awakenings	36.07 (SD=16.60)	33.21 (SD=17.49)	$p=0.76$