

Supplementary Table S1. Demographic characteristics of study participants.

	Healthy good sleepers (sublingual DEX intake)	Healthy poor sleepers (buccal DEX intake)	p value
Sample size (n)	8	17	
Sex ratio (male / female)	8 / 0	17 / 0	
Age (years)	23.1 ± 3.6	24.4 ± 3.4	0.408
Height (cm)	181.9 ± 9.5	176.9 ± 6.47	0.208
Weight (kg)	74.9 ± 9.7	70.0 ± 6.5	0.224
Body-mass-index (kg/m ²)	22.6 ± 2.0	22.4 ± 1.8	0.778
Trait anxiety	42.1 ± 5.1	45.7 ± 5.8	0.753

Values indicate means ± standard deviations. Trait anxiety: score on the State-Trait Anxiety

Inventory of Spielberger¹. The two groups did not differ in any of the reported variables as assessed using an independent samples t-test.

Reference

- 1 Spielberger, C., Gorsuch, R., Lushene, R., Vagg, P. & Jacobs, G. *Manual for the State-Trait Anxiety Inventory*. Consulting Psychologists Press (1983).