

Supplemental Materials Appendix

Supplemental Material Figure 1. Overview for Parent Actigraphy Training Session

1. Ask the parent the following questions:

- a. "What do you use for reminders when you need to refer to something every day?" *The reason for asking this question is to help the parent identify where to place the diaries.*
 - b. "I need to schedule a time to call you. I am available between the hours of X-XX. It is important that I talk with you each week at this time even if you do not have any questions about the actigraphy watch." *The reason for asking this question is to ensure communication with the parent throughout the study related to actigraphy collection. The coordinator writes the agreed-upon time on the diary form as a reminder to the parent.*
2. Review how to record on sleep diary forms, providing a sample for reference. (Supplemental Material Figure 2)
3. Review of actigraphy watch, including use of event markers for bedtime and wake time. *The coordinator shows the use of the event marker and then has the parent demonstrate understanding. The coordinator also discusses with the parent that the event marker should be used **after** conducting activities that are part of the bedtime routine (such as reading to the child, or gentle massage to relax before bed). The coordinator emphasizes that the event marker should be used only for marking bedtime and wake time, and that additional wakings during the night should be marked on the "night wakings times and other comments" column of the sleep diary.*
4. Parent completes sample sleep diary with scenarios similar to those below, and demonstrates use of event marker appropriately.

Scenario 1:

- On night 1, child takes bath between 6:45 and 7:15 pm. Child's bedtime is 8:30 pm. The parent rubs the child's back as part of the bedtime routine. Child awakens at 2 AM until 4 AM, goes back to sleep, and then is awake for the day at 6:45 AM.

Scenario 2:

- On night 2, child has swim lessons from 5- 6 PM. Child has bath time at 8 pm. The parent rubs the child's back as part of the bedtime routine. Child's bedtime is 9:00 PM. The child awakens for the day at 6:00 AM.

Scenario 3:

- On night 3, child takes bath at 8 pm, and child's bedtime is 9:00 PM. The parent needs to go back into the room to soothe the child between 9:15-9:30 pm, and again from 10-10:15 pm. The child then falls asleep and wakes up for the day at 5 am.