Table S1. Sleep diary statistics

	Insomnia (n = 7)	Good Sleeper (n = 6)	t-test P
TIB (min) *	474.6 (17.2)	479.3 (11.4)	0.838
TST (min) *	441.2 (29.2)	387.7 (78)	0.509
WASO (min)	56.1 (17.9)	12.6 (5.3)	0.054
Awakenings (no.)	**2.7 (2.7)**	**0.9 (0.2)**	**0.004**
SOL (min)	**26.9 (5.4)**	**11.6 (2.1)**	**0.031**

TIB = Reported time in bed. TST = Reported sleep time. WASO = Reported waking after sleep onset. Awakenings = Number of reported awakenings. SOL = Reported time to fall asleep sleep. Based on a minimum of 7 nights of sleep diaries. Note, 1 insomnia and 2 control subjects did not have adequate sleep diary information to include. An additional control subject failed to adequately report TIB and TST. * Indicates statistics based on 7 insomnia subjects and 5 controls. Bold text indicates P values < 0.05.
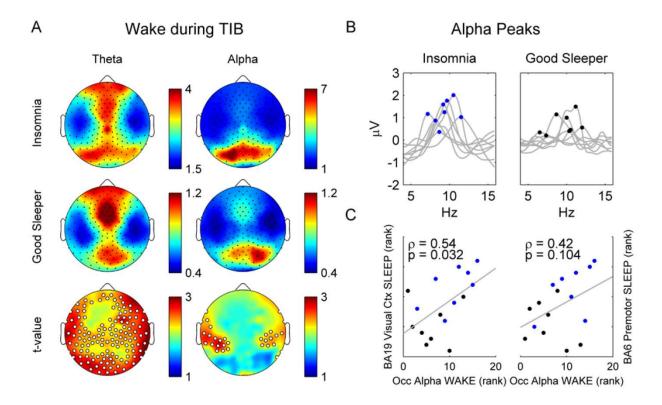
Figure S1. Alpha during time in bed (TIB). **(A)** Spectral topography. Theta and alpha topography is shown. Note the clear occipital peak in alpha that is consistent between groups. Data is comprised mostly of wake after sleep onset. Note the widespread change in theta. **(B)** Alpha peak. Detrended spectral data averaged across four occipital channels (109, 118, 127, and 140) during waking for each subject. Colored dots indicate alpha peak. **(C)** Correlation of wake alpha with sleep. Spearman correlation for the amplitude of the waking alpha peak identified in B with the average cluster of significant channels (see Figure 3) during sleep in BA19 (left) and BA6 (right). Blue dots represent insomnia subjects and black dots represent good sleeping controls.