

**Supplementary Table S1.**

**Proportion of participants reporting clinically significant insomnia severity, impaired sleep quality, clinically significant fatigue, and poor sleep efficiency in the intervention (iCBT-I) and the control group at baseline, post-treatment, and follow-up.**

Outcome variable	Baseline		9 weeks				15 weeks			
			Post-intervention		Rate difference	Group × time	Follow-up		Rate difference	Group × time
	Intervention	Control	Intervention	Control	[95%CI]	Wald $\chi^2$ , $p$ <sup>¶</sup>	Intervention	Control	[95%CI]	Wald $\chi^2$ , $p$ <sup>¶</sup>
N	133	122	103	100			101	97		
Insomnia severity (ISI >10) *	88.7 %	88.2 %	28.2 %	74.0 %	-0.46 [-0.58, -0.34]	27.3; $p < 0.001$	21.8 %	60.8 %	-0.39 [-0.52, -0.26]	27.4; $p < 0.001$
Sleep quality (PSQI >5) †	91.0 % <sup>  </sup>	91.0 %	59.2 %	86.0 %	-0.27 [-0.38, -0.15]	8.6; $p = 0.003$	52.5 %	80.4 %	-0.28 [-0.40, -0.15]	9.1; $p = 0.01$
Fatigue (FACIT-F <34) ‡	72.9 %	74.6 %	51.5 %	61.0 %	-0.10 [-0.23, 0.04]	1.0; $p = 0.33$	34.0 %	64.9 %	-0.31 [-0.45, -0.18]	16.7; $p < 0.001$
N	116	99	90	91						
Sleep efficiency (SE < 85%) §	79.1 %	72.7%	27.0 %	60.4 %	-0.34 [-0.47, -0.20]	21.8; $p < 0.001$				

\* Insomnia Severity Index (ISI) (Bastien et al., 2001)

† Pittsburgh Sleep Quality Index (PSQI) (Buysse et al., 1989)

‡ Functional Assessment of Chronic Illness Therapy (FACIT) Fatigue Scale (FACIT-F) (Yellen et al., 1997)

§ Sleep efficiency (total sleep time/total time in bed × 100) (SE)

|| The proportion of participants with PSQI >5 was 100% at screening, but < 100% at the later baseline assessment

¶ Generalized Estimating Equations, Wald  $\chi^2$  (two-sided significance level)