

Screening and Assessment 1

Randomization

Arm A

Arm B

Arm C

Phase I

CBT-I  
(4 weeks)

Monitoring  
(4 weeks)

Monitoring  
(4 weeks)

Assessment 2  
PAP titration

Assessment 2  
PAP titration

Assessment 2  
PAP titration

PAP  
(90 days)

CBT-I (4 weeks)  
+ PAP (90 days)

PAP  
(90 days)

Phase II

Assessment 3  
(30 days)

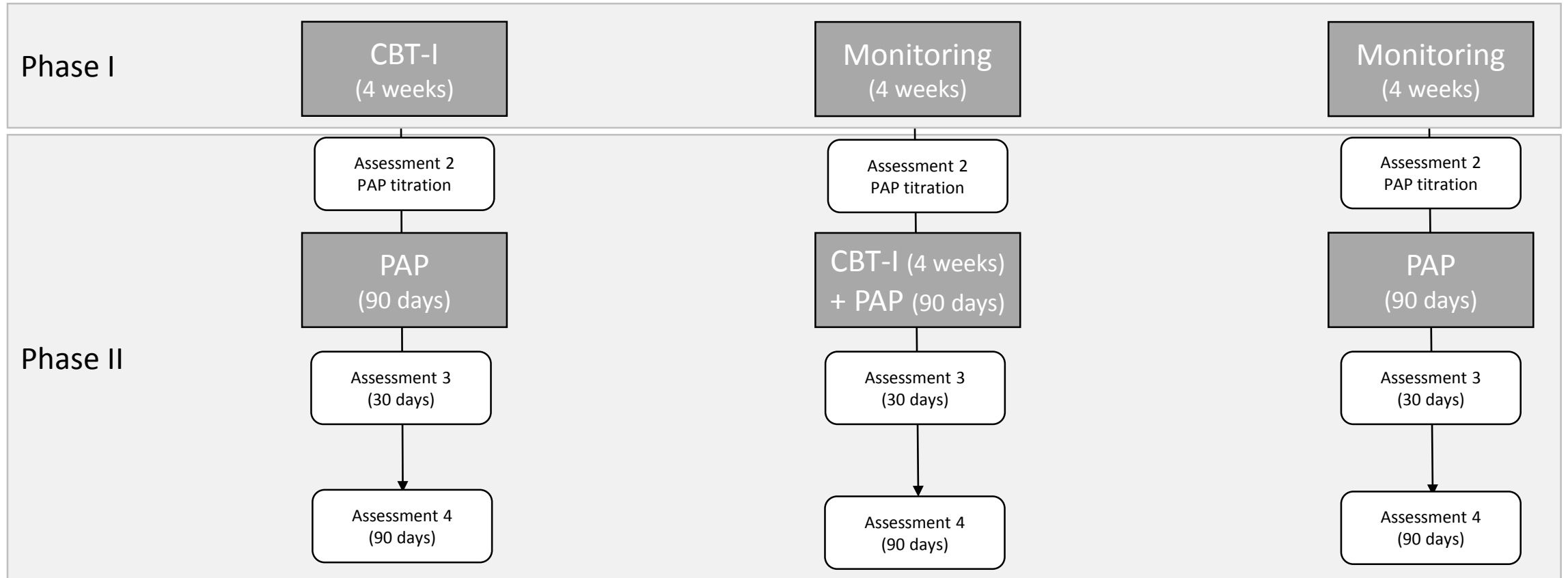
Assessment 3  
(30 days)

Assessment 3  
(30 days)

Assessment 4  
(90 days)

Assessment 4  
(90 days)

Assessment 4  
(90 days)



## Supplemental Figure 1. Study Design

Caption. The overall study design adapted from Crawford et al.<sup>30</sup> In Phase I, Arm A received 4 weekly sessions of CBT-I while in Arms B and C, participants completed sleep diaries for 4 weeks to monitor sleep. During Phase II, participants in all arms received PAP therapy for 90 days with assessments 3 and 4 occurring at 30 days and 90 days after initiation of PAP. In addition to PAP therapy, Arm B also received 4 weekly sessions of CBT-I concurrent with the first 4 weeks of PAP therapy.