

Supplemental Table 3: Summary of Linear Mixed Model Estimated Means and Change from Baseline for Symptoms

	Model Marginal Means		Change from Baseline			
	Study Month	Estimated Mean (SE)	p-value <sup>a</sup>	Coefficient	--95% Confidence Interval--	p-value <sup>b</sup>
<i>GSDS</i> Sleep Disturbance						
GSDS Total	Baseline	61.9(3.6)	<0.001	---		
	Month 2	46.6 (3.6)		-15.3	(-22.5; -8.2)	<0.001
	Month 4	41.3 (3.4)		-20.7	(27.4; 8.2)	<0.001
Quality of Sleep	Baseline	13.2 (0.9)	<0.001	---		
	Month 2	10.5 (1.0)		-2.7	(-4.6; -0.8)	0.006
	Month 4	7.9 (0.9)		-5.3	(-7.1; -3.4)	<0.001
Quantity of Sleep	Baseline	4.8 (0.4)	<0.001	--		
	Month 2	3.9 (0.4)		-0.9	(-1.8; 0.0)	0.049
	Month 4	3.1 (0.4)		-1.8	(-2.7; -0.9)	<0.001
Sleep Onset Latency	Baseline	3.4 (0.3)	<0.001			
	Month 2	2.6 (0.4)		-0.8	(-1.6; -0.04)	0.040
	Month 4	1.2 (0.4)		-2.2	(-3.0; -1.5)	<0.001
Mid Sleep Wakes	Baseline	5.8 (0.3)	<0.001			
	Month 2	4.9 (0.4)		-1.0	(-1.8; -0.2)	0.022
	Month 4	3.7 (0.4)		-2.2	(-3.0; -1.4)	<0.001
Early Awakenings	Baseline	4.9 (0.4)	<0.001			
	Month 2	3.2 (0.4)		-1.7	(-2.6; -0.7)	<0.001
	Month 4	2.7 (0.4)		-2.2	(-3.1; -1.3)	<0.001
Medications for Sleep	Baseline	12.0 (1.9)	0.12	--		
	Month 2	10.4 (1.9)		-1.7	(-4.9; 1.5)	0.30
	Month 4	8.8 (1.9)		-3.2	(-6.2; -0.2)	0.039
Excessive Daytime Sleepiness	Baseline	19.5 (1.5)	<0.001	--		
	Month 2	12.8 (1.5)		-6.7	(-10; -3.5)	<0.001
	Month 4	12.1 (1.5)		-7.3	(-10.4; -4.3)	<0.001
<i>LFS</i> Energy	Baseline	4.4 (0.3)	<0.001	---		
	Month 2	4.0 (0.4)		-0.4	(-1.2; 0.4)	0.32
	Month 4	5.7 (0.4)		1.3	(0.5; 2.1)	0.001
<i>LFS</i> Fatigue	Baseline		<0.001	---		
	Month 2	3.4 (0.5)		-0.5	(-1.4; 0.3)	0.22
	Month 4	2.2 (0.5)		-1.7	(2.5; -0.9)	<0.001
<i>CES-D</i> Depressive Symptoms	Baseline	15.8 (1.4)	<0.001	---		
	Month 2	8.7 (1.4)		-7.1	(-9.9; -4.3)	<0.001
	Month 4	6.6 (1.4)		-9.2	(-12.0; -6.4)	<0.001

<i>STA/ State Anxiety</i>	Baseline	36.5 (1.9)	<0.001	---		
	Month 2	34.1 (2.0)		-2.4	(-6.2; 1.4)	0.21
	Month 4	29.2 (2.0)		-7.3	(-10.9; -3.6)	<0.001
<i>PSS Stress</i>	Baseline	16.5 (1.4)	<0.001	---		
	Month 2	11.1 (1.4)		-5.4	(-8.3; -2.5)	<0.001
	Month 4	10.4 (1.4)		-6.1	(-9.0; -3.2)	<0.001
<i>FACIT Spiritual Well-Being</i>						
Meaning	Baseline	13.0 (0.5)	0.005	---		
	Month 4	14.6 (0.5)		1.7	(0.5; 2.9)	0.005
Peace	Baseline	9.8 (0.6)	<0.001	---		
	Month 4	12.1 (0.7)		2.3	(1.3; 3.3)	<0.001
Faith	Baseline	9.0 (0.9)	0.086	---		
	Month 4	10.7 (1.0)		1.7	(-0.2; 3.7)	0.086

<sup>a</sup> Overall test p-value equals the model p-value for these models which has month as the predictor and is the global test of whether the outcome changes over time

<sup>b</sup> p-value for intercept (baseline) tested intercept = 0 ( $p < 0.05$ ), evidence that average of measure at baseline was not =0. P-value of coefficients for month 1-4 tested change from baseline =0