

Table S1. Baseline Demographic Details of Participants (whole recruited sample)

		Saffron	Placebo	p-value
		n=33	n=30	
Age	Mean	48.79	51.10	.354 ^a
	SE	1.87	1.59	
BMI	Mean	24.97	25.55	.541 ^a
	SE	0.69	0.62	
Gender (n)	Male	5 (15%)	5 (17%)	.869 ^b
	Female	28 (85%)	25 (83%)	
Marital Status (n)	Single	30 (91%)	25 (83%)	.367 ^b
	Married	3 (9%)	5 (17%)	
Educational Level (n)	Secondary	12 (36%)	8 (27%)	.633 ^b
	Tertiary	17 (51%)	19 (63%)	
	Post-graduate	4 (12%)	3 (10%)	
Exercise Level (n)	Never/Rarely	11 (33%)	16 (53%)	.157 ^b
	1 to 2 times a week	15 (45%)	7 (23%)	
	3 to 5 times a week	7 (21%)	7 (23%)	
Duration of sleep problems (n)	< 6 months	6 (18%)	1 (3%)	.312 ^a
	6 to 12 months	3 (9%)	3 (10%)	
	1-2 years	10 (30%)	10 (33%)	
	2+ years	14 (42%)	16 (53%)	
ISI	Mean	15.73	14.57	.197 ^a
	SE	0.61	0.65	
DBAS	Mean	75.27	80.03	.465 ^a
	SE	3.54	5.57	
DASS-21 - Depression	Mean	4.73	3.20	.312 ^a
	SE	1.13	0.95	
DASS-21- Anxiety	Mean	3.58	2.93	.540 ^a
	SE	0.71	0.77	
DASS-21- Stress	Mean	9.15	8.27	.556 ^a
	SE	1.10	1.00	
DASS-21- Total	Mean	17.45	14.40	.356 ^a
	SE	2.43	2.17	
		n=28	n=27	
PSD - Total sleep time (hrs)	Mean	7.33	6.92	.307 ^a
	SE	0.28	0.28	
PSD - Sleep latency (min)	Mean	39.38	32.61	.444 ^a
	SE	7.16	4.97	
PSD - Number of wakings after sleep onset	Mean	3.23	3.15	.826 ^a
	SE	0.26	0.28	
PSD - Sleep quality	Mean	2.46	2.78	.120 ^a
	SE	0.11	0.16	
PSD - Mood on awakening	Mean	2.88	2.72	.435 ^a
	SE	0.11	0.16	
PSD - Alertness on awakening	Mean	2.77	3.02	.254 ^a
	SE	0.14	0.17	
RSQ	Mean	46.73	52.93	.154 ^a
	SE	2.46	3.54	

a = Independent samples t-test; b = Chi-square Test; BMI = Body Mass Index; SE=standard error; DBAS = Dysfunctional Beliefs About Sleep; DASS = Depression, Anxiety, Stress Scale; ISI = Insomnia Severity Index; RSQ = Restorative Sleep Questionnaire; PSD = Pittsburgh Sleep Diary.