

**Table S1. Effects of group and time point by frequency for relative power in F3 and F4 Channels.** F and p values for all main effects of group and interactions with NREM period, and F and p values for all main effects of time point and interactions with NREM period. Effects of Group include control and insomnia groups at T1. Effects of Time Point include only the insomnia group at T1 and T2. Bold font denotes uncorrected significance. \*Denotes significance after Holm-Sidak correction.

<b>F3,F4 Relative</b>	<b>0.5-1 (slow)</b>	<b>1-4 (delta)</b>	<b>4-8 (theta)</b>	<b>8-12 (alpha)</b>	<b>12-16 (sigma)</b>	<b>16-32 (beta)</b>	<b>0.5-32 (total)</b>
<b>Group</b>	<b>16.5, p &lt; 0.001*</b>	0.7, p = 0.418	<b>7.6, p = 0.007</b>	<b>6.5, p = 0.012</b>	<b>8.4, p = 0.004*</b>	1.1, p = 0.293	<b>n/a</b>
<b>Group × NREM</b>	0.4, p = 0.831	1.6, p = 0.176	0.3, p = 0.848	0.4, p = 0.795	1.0, p = 0.401	0.7, p = 0.612	<b>n/a</b>
<b>Time Point</b>	3.0, p = 0.084	2.4, p = 0.121	0.01, p = 0.930	0.4, p = 0.555	0.2, p = 0.653	0.3, p = 0.573	<b>n/a</b>
<b>Time Point × NREM</b>	0.4, p = 0.779	2.1, p = 0.082	<b>3.5, p = 0.007</b>	1.0, p = 0.405	0.4, p = 0.787	0.9, p = 0.487	<b>n/a</b>

**Table S2. Effects of group and time point by frequency for absolute power in C3 and C4 Channels.** F and p values for all main effects of group and interactions with NREM period, and F and p values for all main effects of time point and interactions with NREM period. Effects of Group include control and insomnia groups at T1. Effects of Time Point include only the insomnia group at T1 and T2. Bold font denotes uncorrected significance.

<b>C3C4 Absolute</b>	<b>0.5-1 (slow)</b>	<b>1-4 (delta)</b>	<b>4-8 (theta)</b>	<b>8-12 (alpha)</b>	<b>12-16 (sigma)</b>	<b>16-32 (beta)</b>	<b>0.5-32 (total)</b>
<b>Group</b>	3.4, p = 0.066	0.4, p = 0.556	<b>5.9, p = 0.016</b>	<b>7.5, p = 0.007</b>	<b>12.1, p = 0.001</b>	<b>9.6, p = 0.002</b>	0.5, p = 0.488
<b>Group × NREM</b>	0.7, p = 0.588	0.8, p = 0.532	1.9, p = 0.114	0.4, p = 0.797	0.7, p = 0.584	2.3, p = 0.057	0.6, p = 0.662
<b>Time Point</b>	0.4, p = 0.538	0.3, p = 0.606	0.02, p = 0.888	1.0, p = 0.320	<b>4.6, p = 0.032</b>	<b>8.1, p = 0.005</b>	0.1, p = 0.727
<b>Time Point × NREM</b>	0.5, p = 0.742	0.5, p = 0.706	0.1, p = 0.985	0.9, p = 0.464	0.3, p = 0.869	0.4, p = 0.827	0.5, p = 0.776

**Table S3. Effects of group and time point by frequency for relative power in C3 and C4 Channels.** F and p values for all main effects of group and interactions with NREM interval, and F and p values for all main effects of time point and interactions with NREM interval. Effects of Group include control and insomnia groups at T1. Effects of Time Point include only the insomnia group at T1 and T2. Bold font denotes uncorrected significance.

<b>C3,C4 Relative</b>	<b>0.5-1 (slow)</b>	<b>1-4 (delta)</b>	<b>4-8 (theta)</b>	<b>8-12 (alpha)</b>	<b>12-16 (sigma)</b>	<b>16-32 (beta)</b>	<b>0.5-32 (total)</b>
<b>Group</b>	<b>16.4, p &lt;0.001</b>	0.1, p = 0.808	<b>6.7, p = 0.011</b>	<b>6.0, p = 0.015</b>	<b>6.4, p = 0.012</b>	2.1, p = 0.147	<b>n/a</b>
<b>Group × interval</b>	0.3, p = 0.884	1.7, p = 0.160	0.5, p = 0.774	0.4, p = 0.82	1.1, p = 0.338	0.5, p = 0.776	<b>n/a</b>
<b>Time Point</b>	0.2, p = 0.624	0.2, p = 0.66	0.02, p = 0.893	0.2, p = 0.693	0.1, p = 0.824	0.1, p = 0.753	<b>n/a</b>
<b>Time Point × interval</b>	0.5, p = 0.742	0.5, p = 0.706	0.1, p = 0.985	0.9, p = 0.464	0.3, p = 0.869	0.4, p = 0.827	<b>n/a</b>