

Table S1. Intention to treat analysis of outcomes at baseline and at the end of weeks 6 and 22 (poor sleeps at baseline only)

	Intervention (n=61)			Control (n=63)			Between-group difference at each time point		Group × time interaction effect <i>P</i> value
	Mean (95% CI)	Within-group change from baseline (95% CI)	<i>P</i> value	Mean (95% CI)	Within-group change from baseline (95% CI)	<i>P</i> value	Mean (95% CI)	<i>P</i> value	
GSDS total score									0.04
Baseline	60.20 (56.66, 63.74)			62.43 (58.94, 65.91)			-2.23 (-7.20, 2.74)	0.38	
Week 6	48.66 (44.04, 53.29)	-11.53 (-16.60, -6.47)	<0.001	58.01 (53.58, 62.44)	-4.42 (-9.24, 0.40)	0.08	-9.35 (-15.75, -2.94)	0.005	
Week 22	47.01 (42.34, 51.68)	-13.19 (-18.15, -8.23)	<0.001	54.08 (49.60, 58.56)	-8.35 (-13.06, -3.64)	<0.001	-7.07 (-13.54, -0.60)	0.03	
GSDS subscale scores									
Difficulty getting to sleep									0.01
Baseline	3.25 (2.72, 3.78)			3.27 (2.75, 3.79)			-0.02 (-0.77, 0.72)	0.95	
Week 6	2.14 (1.58, 2.70)	-1.11 (-1.78, -0.43)	<0.001	3.32 (2.79, 3.86)	0.05 (-0.06, 0.70)	1.00	-1.18 (-1.96, -0.41)	0.003	
Week 22	2.08 (1.56, 2.61)	-1.16 (-1.78, -0.45)	<0.001	2.73 (2.23, 3.24)	-0.54 (-1.22, 0.15)	0.18	-0.65 (-1.38, 0.08)	0.08	
Waking up during sleep									0.47
Baseline	4.49 (3.96, 5.02)			4.65 (4.13, 5.17)			-0.16 (-0.91, 0.59)	0.67	

Baseline	3.70 (3.43, 3.97)			3.87 (3.61, 4.13)			-0.17 (-0.55, 0.20)	0.36	
Week 6	3.02 (2.68, 3.36)	-0.68 (-1.06, -0.31)	<0.001	3.54 (3.21, 3.87)	-0.33 (-0.69, 0.03)	0.08	-0.52 (-1.00, -0.5 5)	0.03	
Week 22	2.87 (2.55, 3.18)	-0.83 (-1.20, -0.47)	<0.001	3.35 (3.04, 3.65)	-0.53 (-0.88, -0.18)	0.001	-0.48 (-0.92, -0.0 4)	0.03	

Table S2. Per protocol analysis of outcomes at baseline and at the end of weeks 6 and 22

	Intervention (n=60)			Control (n=86)			Between-group difference at each time point			Group × time interaction effect <i>P</i> value
	Mean (95% CI)	Within-group change from baseline (95% CI)	<i>P</i> value	Mean (95% CI)	Within-group change from baseline (95% CI)	<i>P</i> value	Mean (95% CI)	<i>P</i> value	Effect size ^a (95% CI)	
GSDS total scale										0.007
Baseline	50.27 (45.27, 55.26)			51.80 (47.63, 55.98)			-1.54 (-8.05, 4.98)	0.64		
Week 6	40.61 (35.94, 45.29)	-9.65 (-14.59, -4.72)	<0.001	50.42 (46.50, 54.34)	-1.38 (-5.53, 2.76)	1.00	-9.81 (-15.91, -3.70)	0.002	-0.53 (-0.86, -0.19)	
Week 22	40.75 (36.12, 45.38)	-9.51 (-14.38, -4.65)	<0.001	48.08 (44.23, 51.93)	-3.72 (-7.76, 0.32)	0.08	-7.33 (-13.35, -1.31)	0.02	-0.40 (-0.73, -0.07)	
GSDS subscale scores										
Difficulty getting to sleep										0.01
Baseline	2.42 (1.89, 2.94)			2.60 (2.17, 3.04)			-0.19 (-0.87, 0.50)	0.59		
Week 6	1.50 (0.98, 2.02)	-0.92 (-1.52, -0.31)	0.001	2.66 (2.23, 3.10)	0.06 (-0.45, 0.57)	1.00	-1.16 (-1.84, -0.48)	0.001	-0.57 (-0.90, -0.23)	
Week 22	1.78 (1.30, 2.26)	-0.63 (-1.25, -0.02)	0.04	2.30 (1.90, 2.70)	-0.30 (-0.82, 0.21)	0.47	-0.52 (-1.15, 0.11)	0.10	-0.27 (-0.60, 0.06)	
Waking up during sleep										0.41
Baseline	3.67 (3.09, 4.25)			3.98 (3.49, 4.46)			-0.31 (-1.07, 0.45)	0.42		
Week 6	3.15 (2.56, 3.74)	-0.52 (-1.22, 0.18)	0.23	3.88 (3.39, 4.38)	-0.09 (-0.68, 0.49)	1.00	-0.73 (-1.50, 0.03)	0.06	-0.31 (-0.64, 0.02)	
Week 22	2.82 (2.24, 3.39)	-0.85 (-1.61, -0.09)	0.02	3.61 (3.12, 4.09)	-0.37 (-1.01, 0.27)	0.48	-0.79 (-1.54, -0.04)	0.04	-0.34 (-0.67, -0.01)	
Early waking										0.95
Baseline	2.95 (2.35, 3.55)			3.54 (3.04, 4.03)			-0.59 (-1.36, 0.19)	0.14		
Week 6	2.07 (1.49, 2.64)	-0.88 (-1.72, -0.04)	0.04	2.78 (2.30, 3.26)	-0.75 (-1.45, -0.05)	0.03	-0.72 (-1.46, 0.03)	0.06	-0.31 (-0.64, 0.02)	

Week 22	2.42 (1.85, 2.98)	-0.53 (-1.35, 0.28)	0.34	3.01 (2.54, 3.48)	-0.52 (-1.20, 0.16)	0.19	-0.60 (-1.33, 0.14)	0.11	-0.26 (-0.59, 0.07)	
Quality of sleep										<0.001
Baseline	4.55 (4.12, 4.98)			4.30 (3.94, 4.66)			0.25 (-0.31, 0.82)	0.38		
Week 6	3.62 (3.23, 4.01)	-0.93 (-1.46, -0.41)	<0.001	4.54 (4.21, 4.87)	0.24 (-0.20, 0.68)	0.56	-0.92 (-1.43, -0.41)	<0.001	-0.59 (-0.93, -0.25)	
Week 22	3.88 (3.50, 4.26)	-0.67 (-1.22, -0.13)	0.01	4.04 (3.72, 4.36)	-0.26 (-0.71, 0.20)	0.53	-0.17 (-0.66, 0.34)	0.52	-0.11 (-0.44, 0.22)	
Quantity of sleep										0.32
Baseline	2.26 (1.91, 2.61)			2.39 (2.10, 2.68)			-0.13 (-0.58, 0.32)	0.57		
Week 6	1.83 (1.47, 2.18)	-0.43 (-0.89, 0.02)	0.07	2.33 (2.03, 2.62)	-0.07 (-0.45, 0.32)	1.00	-0.50 (-0.96, -0.04)	0.04	-0.35 (-0.68, -0.02)	
Week 22	2.09 (1.74, 2.45)	-0.17 (-0.64, 0.31)	1.00	2.36 (2.06, 2.65)	-0.04 (-0.43, 0.36)	1.00	-0.26 (-0.72, 0.20)	0.26	-0.19 (-0.52, 0.14)	
Daytime sleepiness										0.07
Baseline	3.04 (2.69, 3.39)			3.17 (2.88, 3.47)			-0.13 (-0.59, 0.32)	0.57		
Week 6	2.55 (2.22, 2.89)	-0.49 (-0.85, -0.13)	0.004	3.03 (2.74, 3.31)	-0.15 (-0.45, 0.16)	0.74	-0.48 (-0.92, -0.04)	0.04	-0.36 (-0.69, -0.02)	
Week 22	2.41 (2.09, 2.72)	-0.63 (-0.99, -0.28)	<0.001	2.97 (2.71, 3.23)	-0.20 (-0.50, 0.09)	0.28	-0.56 (-0.97, -0.15)	0.01	-0.45 (-0.78, -0.11)	
Self-medication to assist sleeping										0.80
Baseline	0.30 (0.13, 0.46)			0.30 (0.16, 0.44)			-0.003 (-0.22, 0.21)	0.98		
Week 6	0.22 (0.06, 0.39)	-0.075 (-0.22, 0.07)	0.62	0.27 (0.13, 0.41)	-0.029	1.00	-0.05 (-0.27, 0.17)	0.65	-0.08 (-0.41, 0.25)	
Week 22	0.27 (0.08, 0.46)	-0.026 (-0.17, 0.12)	1.00	0.26 (0.10, 0.41)	-0.043	1.00	0.01 (-0.23, 0.26)	0.91	0.01 (-0.32, 0.34)	

Abbreviations. CI is confidence interval; GSDD is the General Sleep Disturbance Scale

^acomputed by dividing the difference between group means by the pooled standard deviation