Supplemental material

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Supplemental file 1

Evaluation of a sleep metre result (Example)

- Created based on the company's format (NEMURI SCAN NN-1310; Paramount bed Co., Ltd)
- Evaluation criteria are set by Paramount bed Co., Ltd.
- We converted A to 4, B to 3, C to 2, and D to 1, for calculation purpose.
- Total evaluation reflects the worst evaluation item among all items.

Date: XX, XX, 20XX   Mr. xxxx.

Total Evaluation: D (Improvement required)

Sleep index	Value	Evaluation	Criteria
Total sleep time	6h 16min	B	The total amount of time you actually slept from bedtime to wake-up time. A: $\geq$6.5h, ＜8h, B: $\geq$6h, <6.5h or $\geq$8 h, <9h C: $\geq$5h, <6h or $\geq$9, <10 D: <5h or $\geq$10
Total time in bed	8h 13min	B	The total amount of time from bedtime to wake-up time. Criteria: Same as the total sleep time
Time for bed (bedtime)	22:49	reference	Time you laid on bed
Wake-up time	7:03	reference	Time you left from bed
Sleep latency	23.4min	C	The time it took from bedtime to falling asleep. A: <10min, B: $\geq$10min, <20min, C: $\geq$20min, <30min, D: $\geq$30min
Sleep efficiency	76.2%	C	Percentage of time actually asleep from bedtime to wake up. (Total sleep time / Total time in bed x 100 [%]) A: $\geq$95%, B: $\geq$85%, <95% C: $\geq$75%, <85%, D: <75%
Wakefulness after sleep onset	92.1min	D	The total amount of time you woke up in the middle of your sleep between falling asleep and waking up. A: <10min, B: $\geq$10min, <20min C: $\geq$20min, <40min, D: $\geq$40min
Number of out-of-bed instances	1.5 times	C	The number of times you have left from bed for toilet, etc. A: 0 time, B: <1 time, C: $\geq$1 time, <2 times, D: $\geq$2 times