

Figure S1. Detailed view of changes in main outcomes across groups and time from Figure 3, illustrating interindividual variability. Lower and upper bounds of boxes correspond to 25th and 75th percentile bounds, horizontal lines indicate the mean, and whiskers correspond to range of individual values, overlaid as open circles. Numeric text at the top of each plot indicates the mean change (difference score) from baseline to post-treatment, and then from post-treatment to follow-up. Gray lines illustrate the individual-level change across time for each measure. The three solid circles in each plot represent a participant in the yoga group whose sleep efficiency at follow up (FU; top right) was 2.9 standard deviations below the group mean (63% compared to mean of 88%), in order to visualize the impact this participant may have had on group-wise outcomes. All other individual values are within 1.5 times the interquartile range.

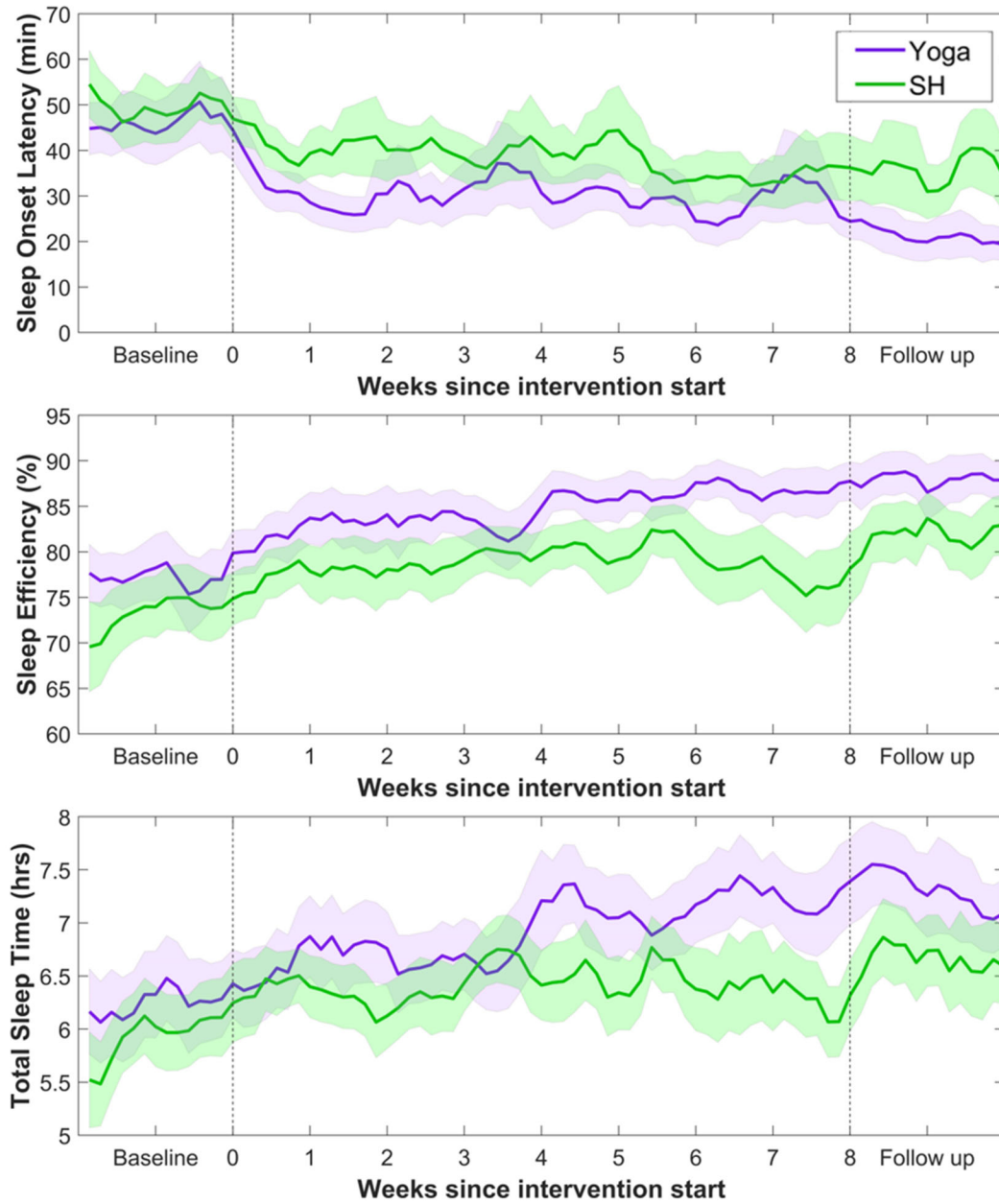


Figure S2. Another detailed view of changes in main outcomes across groups and time, here focusing on the full time-course of daily sleep diaries. Values are plotted as mean \pm standard error of the mean, using a 4-night average moving window.

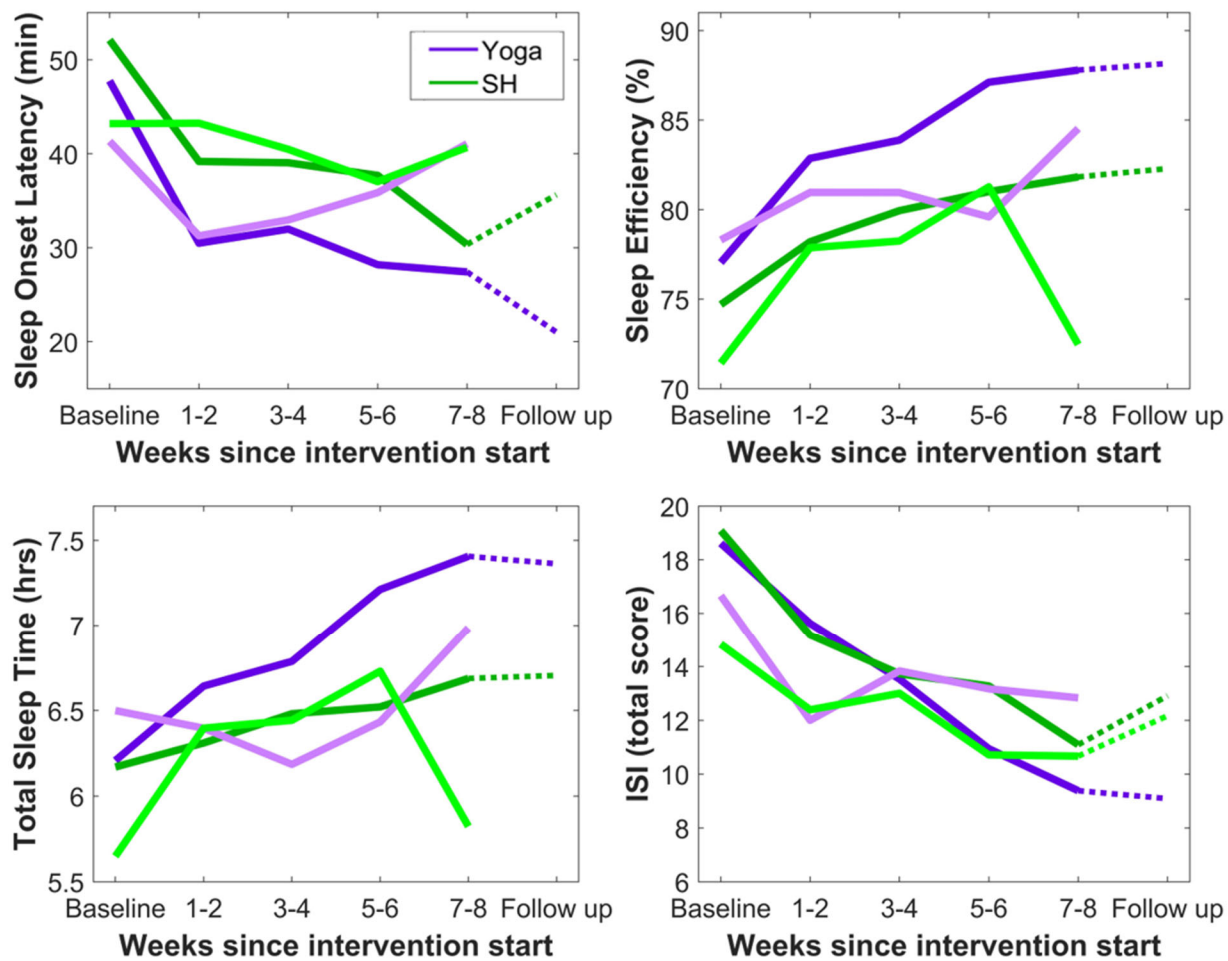


Figure S3. Following same format at Figure 3, but here separated by subgroups who either completed daily sleep diaries at 6-month follow-up (darker lines with dashed extensions; N=17 for yoga, N=11 for SH) or did not complete daily diaries at follow-up (lighter colored lines with dashed extensions only for ISI; N=3 for yoga, N=9 for SH).