

Table S1. *Correlations among outcome variables at baseline.*

	<b>PTSD</b>	<b>Insomnia</b>	<b>Sleep Quality</b>	<b>Diary SE</b>	<b>Diary TST</b>	<b>Objective SE</b>	<b>Nightmares per Week</b>	<b>Depression</b>	<b>Anxiety</b>	<b>Mental QoL</b>	<b>Physical QoL</b>
<b>PTSD</b> (PCL-5 Total Score)	1.00										
<b>Insomnia</b> (ISI Total Score)	0.52***	1.00									
<b>Sleep Quality</b> (PSQI Total Score)	0.40***	0.68***	1.00								
<b>Diary SE</b> (%)	-0.32***	-0.41***	-0.53***	1.00							
<b>Diary TST</b> (Minutes)	-0.11	-0.22	-0.27*	0.69***	1.00						
<b>Objective SE</b> (%)	-0.11	-0.46***	-0.45***	0.34**	0.25*	1.00					
<b>Nightmares Per Week</b>	0.55***	0.41***	0.38***	-0.45***	-0.29*	-0.20	1.00				
<b>Depression</b> (PHQ-9 Total Score)	0.67***	0.51***	0.36**	-0.37**	-0.28*	-0.14	0.43***	1.00			
<b>Anxiety</b> (GAD-7 Total Score)	0.58***	0.54***	0.34**	-0.24*	-0.18	-0.26*	0.28*	0.67***	1.00		
<b>Mental QoL</b> (SF-12 Mental)	-0.45***	-0.32**	-0.18	0.18	-0.005	0.16	-0.23	-0.54***	-0.42***	1.00	
<b>Physical QoL</b> (SF-12 Physical)	-0.16	-0.29*	-0.34**	0.23	0.11	0.20	-0.11	-0.25*	-0.17	-0.20	1.00

*Note: \*p≤0.05, \*\*p≤0.01, \*\*\*p≤0.001; SE=sleep efficiency; TST=total sleep time*

Table S2. *Outcome variable means at post-treatment and 3-month follow-up.*

	Post-Treatment M (SD)		3-Month Follow-Up M (SD)	
	Without Probable PTSD	With Probable PTSD	Without Probable PTSD	With Probable PTSD
<b>Insomnia</b> (ISI Total Score)	4.24 (3.94)	6.8 (5.96)	5.78 (5.72)	8.59 (5.75)
<b>Sleep Quality</b> (PSQI Total Score)	4.20 (2.99)	6.20 (3.93)	5.53 (3.95)	7.74 (5.26)
<b>Diary Sleep Efficiency</b> (%)	91.91 (8.69)	89.83 (7.87)	90.38 (7.58)	88.02 (8.16)
<b>Diary TST</b> (Minutes)	398.81 (64.53)	385.90 (72.93)	403.25 (63.22)	415.06 (65.06)
<b>Objective Sleep Efficiency</b> (%)	83.77 (6.47)	82.28 (6.30)	81.86 (7.63)	81.54 (4.45)
<b>Nightmares Per Week</b>	0.57 (1.33)	1.33 (1.84)	0.44 (0.79)	1.37 (1.76)
<b>Depression</b> (PHQ-9 Total Score)	2.62 (2.90)	7.30 (5.60)	3.38 (3.88)	8.56 (5.60)
<b>Anxiety</b> (GAD-7 Total Score)	2.43 (2.68)	8.13 (6.13)	3.82 (3.95)	9.67 (6.43)
<b>Mental QoL</b> (SF-12 Mental)	53.19 (7.82)	42.38 (13.69)	50.31 (12.04)	42.13 (10.26)
<b>Physical QoL</b> (SF-12 Physical)	47.23 (12.38)	39.64 (13.81)	47.30 (12.11)	40.64 (13.89)

Table S3. *Power analysis of the results shown in Table 3.*

Outcome	Effect Size	Power to Detect Effect	
	For $d=0.50$	Baseline vs. Post-Treatment by PTSD Status	Baseline vs. 3-Month Follow-up by PTSD Status
<b>Insomnia</b> (ISI Total Score)	3.44	0.80	0.55
<b>Sleep Quality</b> (PSQI Total Score)	2.37	0.67	0.55
<b>Diary Sleep Efficiency</b> (%)	5.92	0.56	0.53
<b>Diary TST</b> (Min)	36.61	0.68	0.60
<b>Objective Sleep Efficiency</b> (%)	3.36	0.60	0.50
<b>Nightmares Per Week</b>	1.15	0.57	0.46
<b>Depression</b> (PHQ-9 Total Score)	2.85	0.67	0.66
<b>Anxiety</b> (GAD-7 Total Score)	2.98	0.62	0.54
<b>Mental QoL</b> (SF-12 Mental)	6.00	0.64	0.68
<b>Physical QoL</b> (SF-12 Physical)	6.57	0.86	0.82

*Note: Observed type 1 error rates for all tests at  $\alpha=0.05$  ranged from 0.037 to 0.073; table shows the power to detect PTSD status by time partial interaction regarding the test of 1) baseline versus post-treatment by PTSD status and 2) baseline versus 3-month follow-up by PTSD status. Results show the power to detect a medium-sized effect (Cohen's  $d=0.50$ ;  $\alpha=0.05$ ).*