**Supplemental Table 2: Descriptive Statistics for Sleep Efficiency, Latency to Persistent Sleep and Wake After Sleep Onset**

|  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Day** | **SE (%)** | | | **LPS (min)** | | | **WASO (min)** | | |
|  | M ± SD | SW | p | M ± SD | SW | p | M ± SD | SW | p |
| 1 | 83.0 ± 8.1 | 0.85 | <0.001 | 30.8 ± 37.3 | 0.67 | <0.001 | 26.0 ± 17.8 | 0.93 | 0.05 |
| 2 | 85.0 ± 8.0 | 0.77 | <0.001 | 19.8 ± 14.2 | 0.90 | 0.01 | 23.9 ± 17.3 | 0.78 | <0.001 |
| 3 | 85.6 ± 5.9 | 0.86 | 0.001 | 20.9 ± 20.1 | 0.76 | <0.001 | 30.9 ± 19.5 | 0.96 | 0.26 |
| 4 | 77.8 ± 14.2 | 0.86 | 0.002 | 31.3 ± 32.4 | 0.80 | <0.001 | 26.4 ± 17.4 | 0.95 | 0.25 |
| 5 | 81.6 ± 9.2 | 0.93 | 0.04 | 15.8 ± 13.6 | 0.86 | 0.001 | 34.6 ± 34.4 | 0.82 | <0.001 |
| 6 | 83.7 ± 8.0 | 0.91 | 0.01 | 16.4 ± 12.8 | 0.91 | 0.01 | 31.2 ± 27.5 | 0.80 | <0.001 |
| 7 | 84.4 ± 7.7 | 0.96 | 0.27 | 14.8 ± 17.8 | 0.66 | <0.001 | 26.0 ± 24.0 | 0.83 | <0.001 |
| 8 | 81.8 ± 15.6 | 0.63 | <0.001 | 22.4 ± 33.5 | 0.53 | <0.001 | 20.5 ± 18.1 | 0.85 | <0.001 |
| 9 | 84.1 ± 9.9 | 0.86 | 0.02 | 9.0 ± 7.4 | 0.93 | 0.28 | 17.5 ± 17.6 | 0.85 | 0.009 |
| 10 | 77.8 ± 17.5 | 0.82 | <0.001 | 26.6 ± 30.9 | 0.73 | <0.001 | 45.8 ± 43.5 | 0.85 | <0.001 |
| 11 | 80.4 ± 12.7 | 0.82 | <0.001 | 24.3 ± 21.3 | 0.84 | <0.001 | 45.7 ± 48.7 | 0.70 | <0.001 |
| 12 | 74.8 ± 14.8 | 0.86 | 0.003 | 26.3 ± 22.5 | 0.85 | 0.002 | 43.7 ± 35.5 | 0.91 | 0.03 |

Results reported as mean ± standard deviation (M ± SD), Shaprio-Wilk Normality Test results (SW), and p value (p). P < 0.05 indicates that results are not normally distributed.

Latency to persistent sleep (LPS), sleep efficiency (SE), wake after sleep onset (WASO)