

Appendix 1. Summary of Mixed Effects Models

	ISI	EPDS (no sleep item)	TWT (actigraphy)	TWT (diary)
Intercept	15.43 [14.81, 16.05], < .001***	8.81 [8.17, 9.45], < .001***	94.05 [88.76, 99.33], < .001***	8.87 [8.43, 9.31], < .001***
Time	-1.26 [-1.47, -1.04], < .001***	-0.85 [-1.02, -0.67], < .001***	-0.31 [-2.12, 1.51], .739	-0.51 [-0.62, -0.39], < .001***
Group	-0.89 [-2.15, 0.36], .161	-1.39 [-2.68, -0.10], .036*	3.84 [-6.81, 14.49], .478	-1.15 [-2.04, -0.26], .012*
Site (COM)	-0.45 [-2.07, 1.16], .580	-2.08 [-3.75, -0.42], .015*	-15.1 [-29.16, -1.04], .035*	-0.67 [-1.83, 0.49], .256
Site (SU)	-1.29 [-2.85, 0.27], .104	-1.38 [-2.98, 0.23], .093†	-8.79 [-22.51, 4.93], .207	-0.77 [-1.90, 0.35], .178
Time x Group	-0.66 [-1.09, -0.24], .002**	-0.04 [-0.39, 0.32], .846	-2.46 [-6.09, 1.17], .184	-0.46 [-0.68, -0.24], < .001***
Time x Site (COM)	-0.15 [-0.69, 0.40], .597	0.03 [-0.43, 0.50], .883	0.8 [-3.98, 5.58], .744	0.25 [-0.05, 0.54], .101
Time x Site (SU)	0.15 [-0.38, 0.68], .577	-0.19 [-0.63, 0.26], .417	0.46 [-4.20, 5.12], .846	0.24 [-0.05, 0.52], .100†
Group x Site (COM)	-0.85 [-4.08, 2.38], .605	-0.48 [-3.81, 2.85], .776	-1.67 [-29.78, 26.45], .907	0.22 [-2.10, 2.54], .849
Group x Site (SU)	-0.04 [-3.16, 3.08], .979	0.66 [-2.56, 3.88], .686	-6.4 [-33.83, 21.04], .646	-0.39 [-2.64, 1.86], .731
Time x Group x Site (COM)	-0.34 [-1.43, 0.75], .541	-0.24 [-1.17, 0.69], .610	-1.24 [-10.80, 8.32], .799	-0.15 [-0.74, 0.43], .613
Time x Group x Site (SU)	-0.06 [-1.12, 1.00], .907	-0.52 [-1.42, 0.37], .252	2.5 [-6.83, 11.83], .599	0.53 [-0.04, 1.10], .070†

Note. COM = community recruitment, EPDS = Edinburgh Postnatal Depression Scale, ISI = Insomnia Severity Index, SU = Stanford University based clinics, Santa-Clara Valley Medical Center (SCVMC) is the reference site. Time variable is log transformed days-since-baseline. TWT variable was root square transformed. Objective TWT (based on actigraphy data) was winsorised at 0.5%. † $p < .1$, * $p < .05$, ** $p < .01$, *** $p < .001$.