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| **Electronic Supplementary Material Table 10**. Impacts of MB-College vs. control on Pittsburgh Sleep Quality Index (PSQI). |
|   | n | Marginal Effect |  SE | 95% CI | P |
| Sleep Duration, score | 83 | -0.03 | 0.12 | -0.26, 0.21 | 0.40 |
| Sleep Disturbance, score | 83 | 0.03 | 0.14 | -0.25, 0.31 | 0.42 |
| Sleep Latency, score | 83 | -0.08 | 0.18 | -0.43, 0.27 | 0.33 |
| Day dysfunction due to sleepiness, score | 78 | -0.25 | 0.17 | -0.58, 0.08 | 0.071 |
| Sleep efficiency, score | 83 | -0.1 | 0.12 | -0.35, 0.14 | 0.21 |
| Overall sleep quality, score | 78 | -0.26 | 0.16 | -0.57, 0.06 | 0.055 |
| Need medication to sleep, score | 78 | -0.18 | 0.12 | -0.42, 0.06 | 0.068 |
| Mean sleep hours per night, h | 78 | -0.3 | 0.35 | -1.01, 0.40 | 0.20 |
| Total PSQI score | 78 | -0.96 | 0.5 | -2.01, 0.10 | 0.037 |
| Statistical analyses were marginal effects linear regression, adjusted for baseline values of outcome.  |