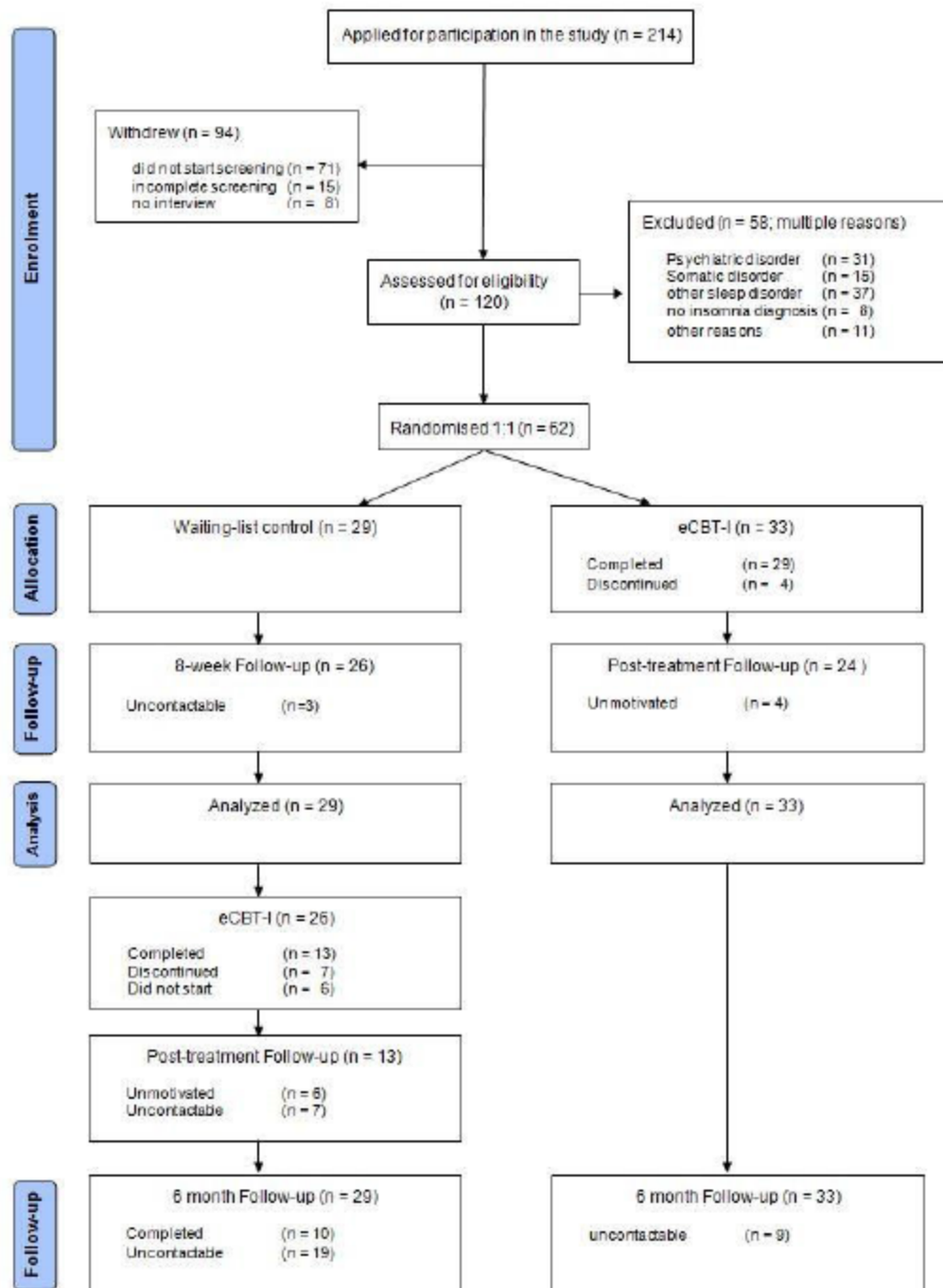


Basic Summary

Participant Flow:

Appendix B. Participant flow from registration to post-treatment



Baseline Characteristics:

Characteristic		Treatment (n=33)	Control (n=29)	Total (n=62)
Age, Mean (SD), y		45.6 (13.7)	48.6 (14.7)	47.0 (14.1)
Sex, No. (%)				
	Women	24 (72.7)	17 (58.6)	41 (66.1)
	Men	9 (27.3)	12 (41.4)	21 (33.9)
Marital Status, No. (%)				
	single or relationship	15 (45.5)	14 (48.3)	29 (46.8)
	married	15 (45.5)	13 (44.9)	28 (45.2)
	divorced/separated	1 (3.0)	1 (3.4)	2 (3.2)
	widowed	2 (6.0)	1 (3.4)	3 (4.8)
Occupation, No. (%)				
	Self-employed	2 (6.1)	2 (6.9)	4 (6.5)
	employed	24 (72.7)	22 (75.9)	46 (74.2)
	retired	4 (12.1)	3 (10.3)	7 (11.3)
	unemployed	1 (3.0)	0 (0)	1 (1.6)
	housewife/-man	1 (3.0)	0 (0)	1 (1.6)
	other	1 (3.0)	2 (6.9)	3 (4.8)
Education, No. (%)				
	minimum school years	1 (3.0)	1 (3.4)	2 (3.2)
	vocational	6 (18.2)	4 (13.8)	10 (16.1)
	further education	6 (18.2)	6 (20.7)	12 (19.4)
	College/University	16 (48.5)	17 (58.6)	33 (53.2)
	other	4 (12.1)	1 (3.4)	5 (8.1)
Years with insomnia	Mean (SD)	7.1 (7.3)	7.2 (8.5)	7.2 (7.8)
ISI	Mean (SD)	17.06 (3.73)	17.00 (3.58)	17.03 (3.63)
DBAS	Mean (SD)	81.91 (23.27)	77.31 (21.83)	79.76 (22.54)
BDI	Mean (SD)	11.97 (6.36)	9.21 (6.15)	10.68 (6.36)
QOL	Mean (SD)	6.97 (1.65)	6.79 (2.34)	6.89 (1.98)
GSI	Mean (SD)	25.76 (17.60)	19.79 (12.44)	22.97 (15.57)
Sleep characteristics				
SOL	Mean (SD), minutes	42 (20)	38 (28)	40 (23)
WASO	Mean (SD), minutes	59 (36)	53 (31)	57 (34)
TIB	Mean (SD), hours	8.28 (0.88)	8.13 (1.08)	8.23 (0.95)
TST	Mean (SD), hours	5.97 (0.63)	6.03 (1.52)	6.00 (1.05)
SE	Mean (SD), %	72.67 (9.13)	73.65 (13.71)	73.04 (10.96)

Note: M = Mean; SD = Standard deviation

Outcome Measures:

Primary outcome measures

1. Insomnia Severity is measured by the Insomnia Severity Index (ISI) at baseline, post-treatment (8-12 weeks) and 6 months post-treatment.
2. Sleep parameters (Total Sleep Time (TST), Wake after Sleep Onset (WASO), Sleep Onset Latency (SOL), Sleep Efficiency (SE) are measured by an online sleep diary which the subjects are keeping on the treatment website daily throughout the 8-12 weeks. The means of the first seven entries serve as baseline measurement, means of seven entries before post-treatment (8-12 weeks) serve as post-treatment measure and seven entries at follow up after 6 month post-treatment as follow up measure.

Group	Baseline Mean (SD)	Post-treatment Mean (SD)	Change from Baseline to Post-treatment (95% CI)	<i>d</i>	<i>d_{95%}</i>
ISI					
Treatment	17.1 (3.7)	6.9 (4.1)	-10.2 (-12.1 to -8.3)	-2.6	-1.7
Control	17.0 (3.6)	13.0 (4.7)	-4.0 (-6.2 to -1.8)	-1.0	

Parameter	Baseline Mean (SD)	Post-treatment Mean (SD)	Change from Baseline to Post-treatment (95% CI)	<i>d</i>
Sleep onset latency, minutes (SD)	40 (23)	29 (22)	-11 (-19.6 to -2.25)	-0.49
Wake after sleep onset, minutes (SE)	57 (34)	34 (27)	-23 (-34.8 to -11.2)	-0.75
Total sleep time, hours (SD)	6.0 (1.05)	6.15 (1.03)	0.15 (-0.25 to 0.55)	0.14
Sleep efficiency, % (SD)	73 (11)	81 (12)	8 (3.6 to 12.4)	0.69

Secondary outcome measures

1. Depression is measured using the Becks Depression Inventory (BDI questionnaire) at baseline, post-treatment (8-12 weeks) and 6 months post-treatment.
2. Psychological Strain is measured using the Global Symptom Index of the Brief Symptom Inventory (BSI questionnaire) at baseline, post-treatment (8-12 weeks) and 6 months post-treatment.
3. Quality of Life is measured using a single direct question to provide subjective estimate on a scale of 1-10 (Likert scale) at baseline, post-treatment (8-12 weeks) and 6 months post-treatment.
4. Dysfunctional beliefs and attitudes about sleep is measured using the DBAS questionnaire at baseline, post-treatment (8-12 weeks) and 6 months post-treatment.

Group	Baseline Mean (SD)	Post-treatment Mean (SD)	Change from Baseline to Post-treatment (95% CI)	<i>d</i>	<i>d_{re}</i>
ISI					
Treatment	17.1 (3.7)	6.9 (4.1)	-10.2 (-12.1 to -8.3)	-2.6	-1.7
Control	17.0 (3.6)	13.0 (4.7)	-4.0 (-6.2 to -1.8)	-1.0	
DBAS					
Treatment	81.9 (23.3)	54.7 (29.0)	-27.2 (-40.1 to -14.3)	-1.0	-1.0
Control	77.3 (21.8)	73.3 (28.5)	-4.0 (-17.4 to 9.4)	-0.2	
BDI					
Treatment	12.0 (6.4)	5.4 (4.9)	-6.6 (-9.4 to -3.8)	-1.2	-0.8
Control	9.2 (6.1)	7.9 (5.4)	-1.3 (-4.3 to 1.7)	-0.2	
QoL					
Treatment	7.0 (1.6)	8.1 (1.3)	1.1 (0.4 to 1.8)	0.8	0.4
Control	6.8 (2.3)	7.2 (2.0)	-0.4 (-1.5 to 0.7)	0.2	
GSI					
Treatment	25.8 (17.6)	13.7 (12.7)	-12.1 (-19.7 to -4.6)	-0.8	-0.5
Control	19.8 (12.4)	15.5 (12.2)	-4.3 (-10.8 to 2.2)	-0.4	

Note:

M = Mean

SD = Standard deviation;

d = within-group effect sizes (Cohen's *d*)

d_{re} = between-group effect sizes (Cohen's *d*)

Adverse Events:

There were no adverse events associated with this trial.