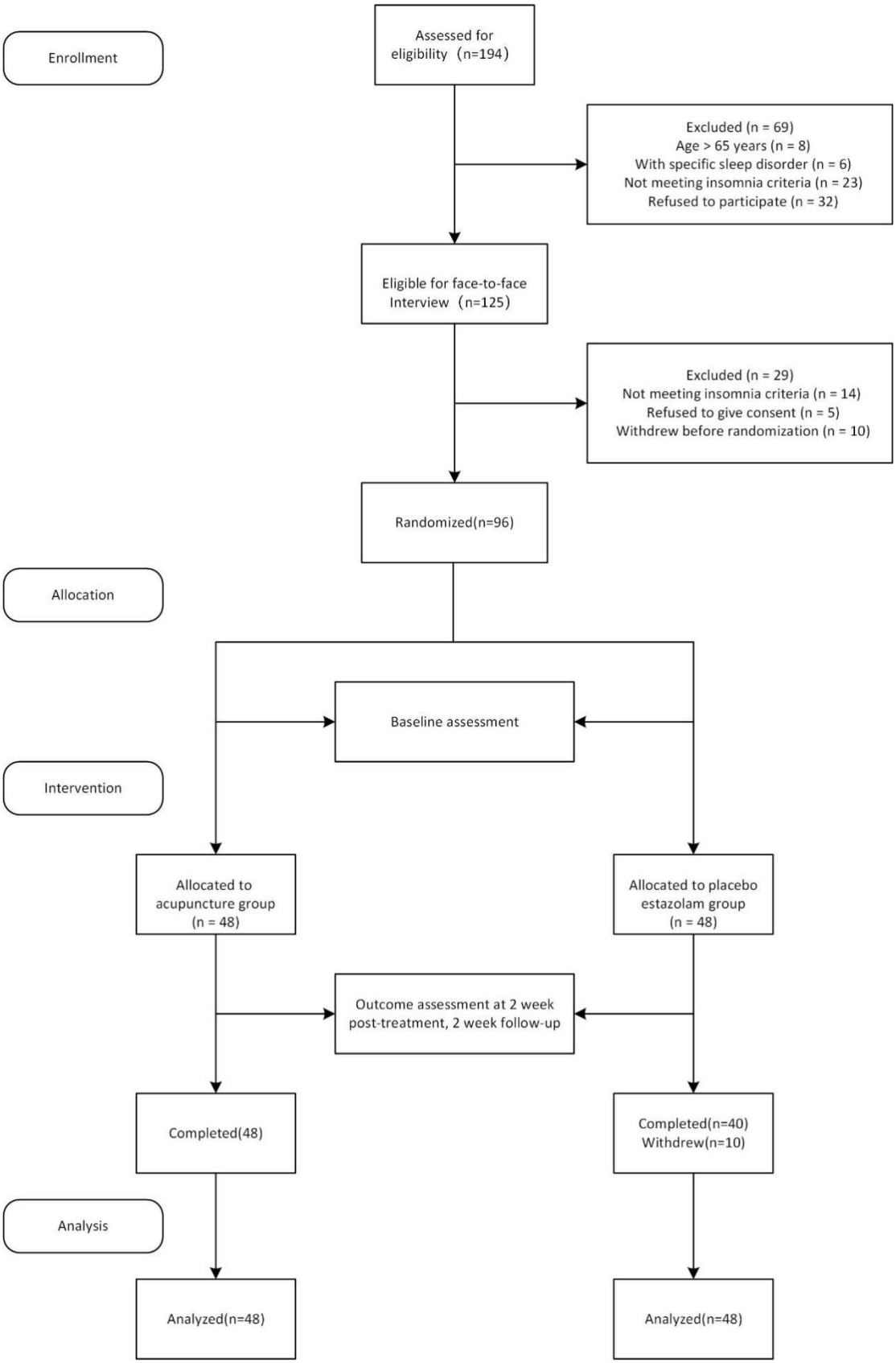
Participant Flow



Baseline characteristics

Variables	Acupuncture group (N =48)	Control group (N=48)	P
Age (years)	48.42±14.11	49.49±14.51	0.8
Gender (male/female)	19/29	14/23	0.1
Height (cm)	163.66±12.20	166.62±8.21	0.2
Weight (kg)	65.39±11.52	66.81±14.31	0.6
Systolic blood pressure (mmHg)	119.48±14.92	123.81±16.75	0.2
Diastolic blood pressure (mmHg)	73.75±9.90	73.86±8.45	0.9
pulse (times/min)	76.96±8.93	73.35±10.08	0.0
Breathe (times /min)	19.46±2.56	19.30±2.86	0.7
Disease course (days)	64.69±22.01	61.35±29.62	0.5

Outcome measures

Changes in PSQI, ISI, FS-14 of two groups from 2 weeks post-treatment to 2 weeks follow-up.

	Acupuncture group				Control group		ANCOVA F	ANCOVA p
	Mean	SD	95%Cl	Paired t-test p	Mean	SD		
PSQI								
Baseline	15.28	2.99			15.78	2.76	1.04	0.31
2 weeks post-treatment	11.10	3.25	3.42, 4.92	<0.01**	11.04	6.39	0.004	0.95
2 weeks follow-up	9.73	3.00	4.58, 6.51	<0.01**	12.48	2.76	30.10	<0.01**
ISI								
Baseline	17.04	4.72			18.51	5.28	2.46	0.12
2 weeks post-treatment	11.90	5.05	3.49, 6.80	<0.01**	15.32	4.20	16.53	<0.01**
2 weeks follow-up	8.77	4.53	6.58, 9.96	<0.01**	13.22	4.03	32.16	<0.01**
FS-14								
Baseline	8.08	2.90			7.76	3.80	0.26	0.61
2 weeks post-treatment	6.50	3.50	0.48, 2.69	<0.01*	7.54	3.40	2.67	0.11
2 weeks follow-up	5.79	3.12	1.12, 3.47	<0.01**	8.27	3.12	18.37	<0.01**

Data were presented as Mean ± SD; *p < 0.05; **p < 0.01;CI, confidence interval; ISI, insomnia severity index; FS-14, Fatigue Scale-14

Adverse Events

None of the remaining 96 participants withdrew due to AEs. None of the participants had acupuncture-related AEs in the acupuncture group. For the placebo group, 1 (0.02%) of 48 participants reported the dizziness and fatigue as adverse event. Other discomforts were not reported.