

Supplementary Table 1. The Verran and Snyder-Halpern Sleep Scale

1. Number of awakenings during the sleep period	Awake off and on (0)–Didn't wake (10)
2. Estimate of the amount of movement during sleep	Tossed all night (0)–Didn't move (10)
3. Total time (minutes) from settling down for sleep to awakening in the morning	No sleep (0)–Ten hours sleep (10)
4. Estimate of depth	Slept lightly (0)–Sleep feeply (10)
5. Amount of time from settling down to sleep until falling asleep	Didn't sleep at all (0)–Fell asleep immediately (10)
6. Estimate of how rested subject is upon awakening	Awoke exhausted (0)–Awoke refreshed (10)
7. Spontaneity with which subject awakens in morning	Awoke abruptly (0)–Awoke spontaneously (10)
8. Estimate of sleep along dimensions of satisfaction, quality, and disturbance	Bad Night (0)–Good night (10)