

Supplemental Material to:

Does bedtime music listening improve subjective sleep quality and next-morning well-being in young adults? A randomized cross-over trial

Nadyanna M. Majeed, Verity Y. Q. Lua, Jun Sen Chong, Zoey Lew, and Andree Hartanto

School of Social Sciences, Singapore Management University

Table S1

Random Effects on Subjective Sleep Quality and Well-Being Outcomes

| Outcome | ICC | Random Intercept, μ_{0i} | Residual, ε_{di} |
|--------------------------|-----|------------------------------|------------------------------|
| Subjective sleep quality | .23 | 2.57 | 8.66 |
| Stress | .69 | 5.42 | 2.46 |
| Negative affect | .61 | 0.26 | 0.17 |
| Positive affect | .65 | 0.54 | 0.28 |
| Life satisfaction | .69 | 0.46 | 0.21 |

Note. $N_{\text{participants}}=62$, $N_{\text{observations}}=874$. ICC=effect size or intraclass correlation coefficient.

Other values reflect variances. Conditions were dummy-coded such that the control condition served as the reference category (i.e., happy=1, control=0 for the first dummy variable; sad=1, control=0 for the second dummy variable).