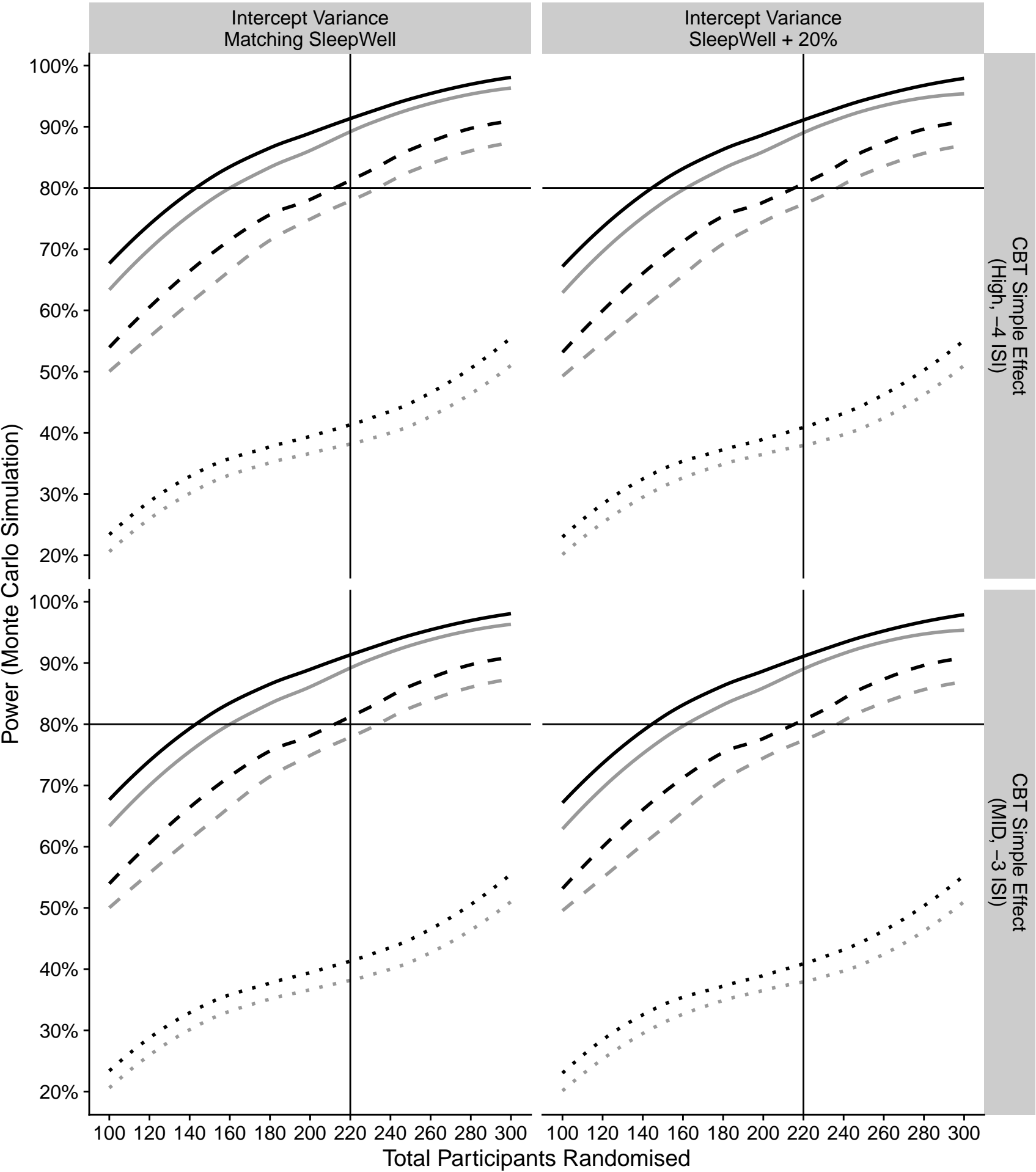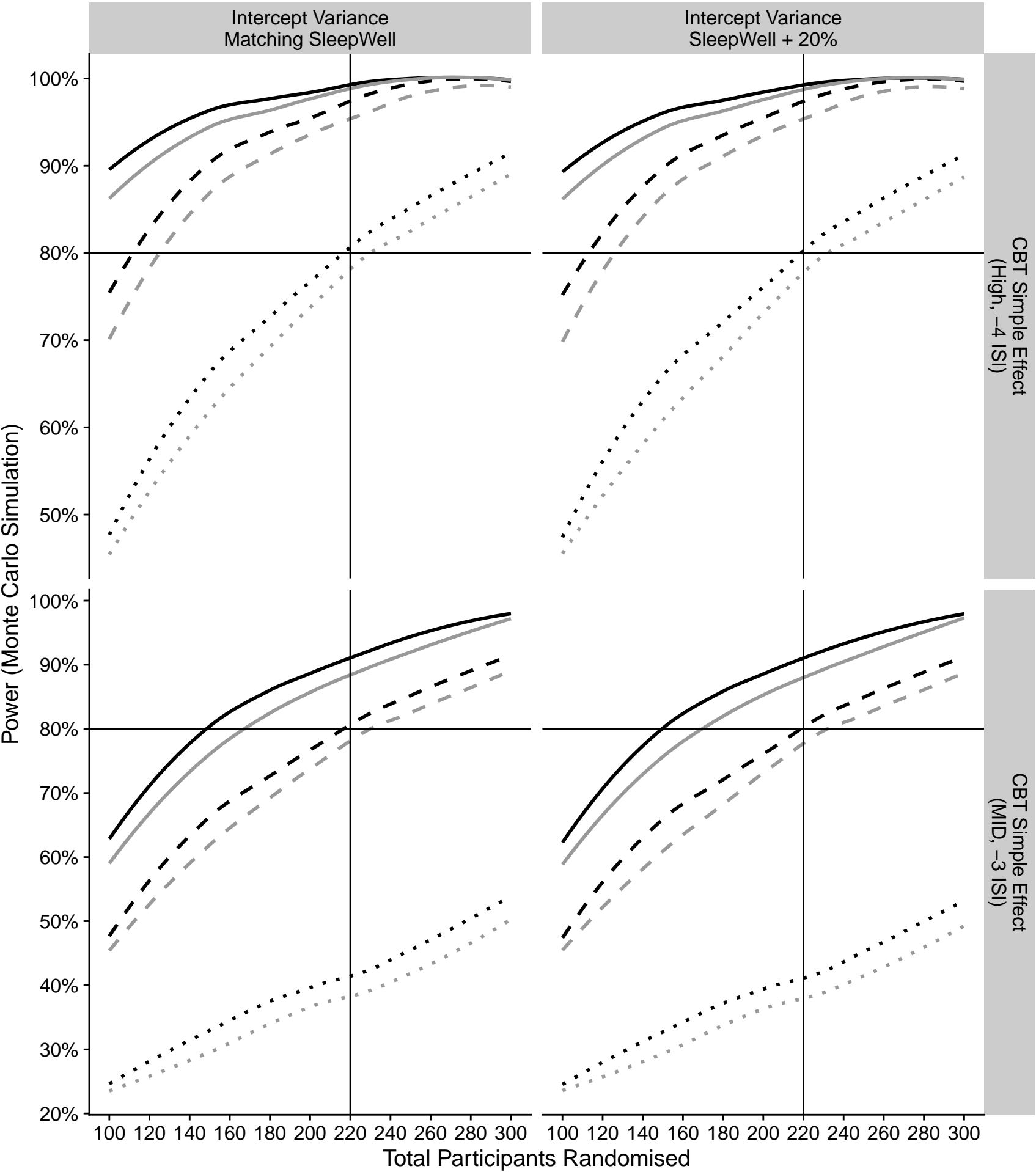# Power for the Main Effect of BLT on ISI

MID = Minimally Important Difference (Change of 3 in ISI).
BLT Simple Effect held at MID, −3 ISI.

Power for the Main Effect of CBT on ISI

MID = Minimally Important Difference (Change of 3 in ISI).
BLT Simple Effect held at MID, −3 ISI.

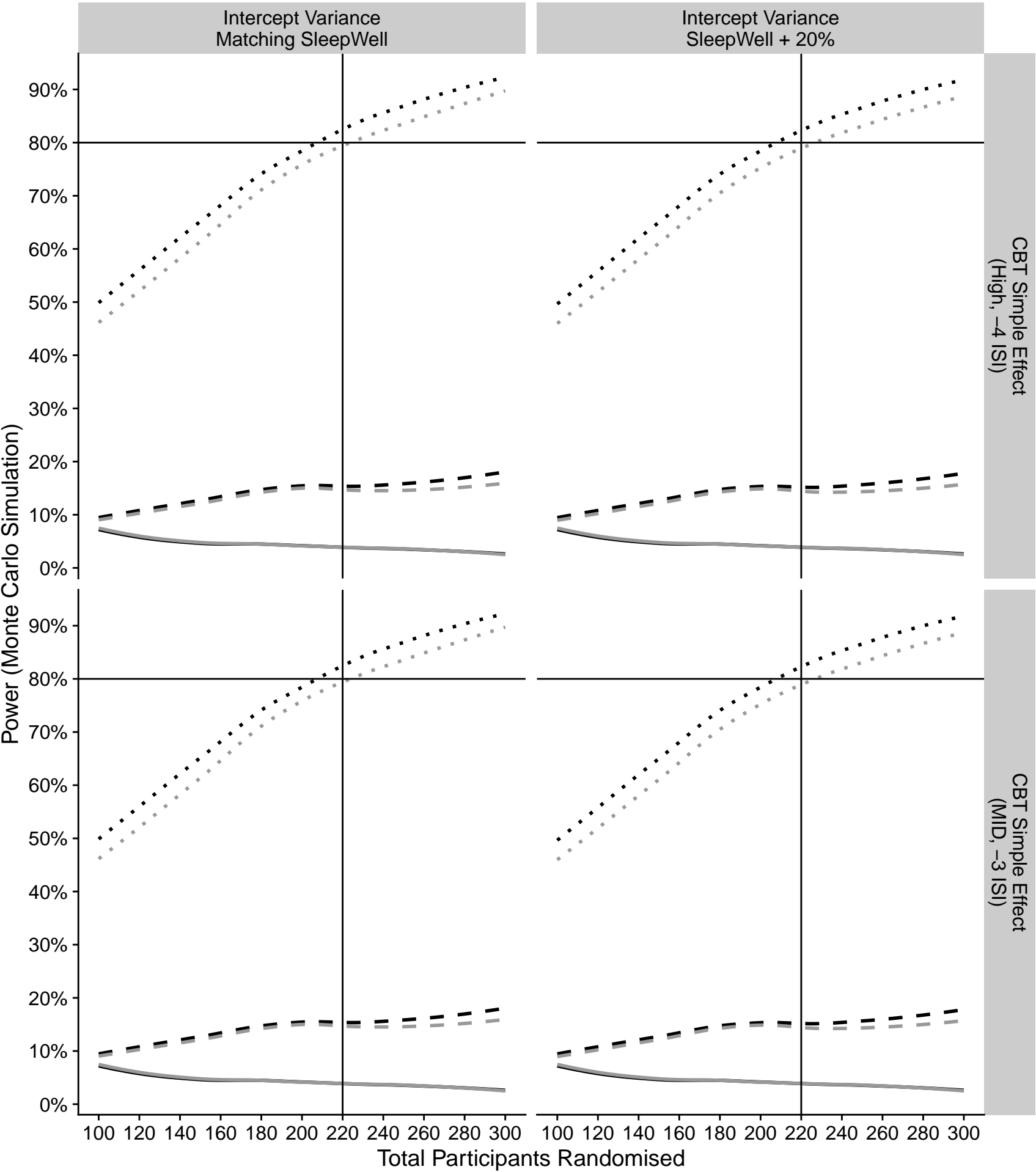**Power for the BLT x CBT Interaction on ISI**

MID = Minimally Important Difference (Change of 3 in ISI).
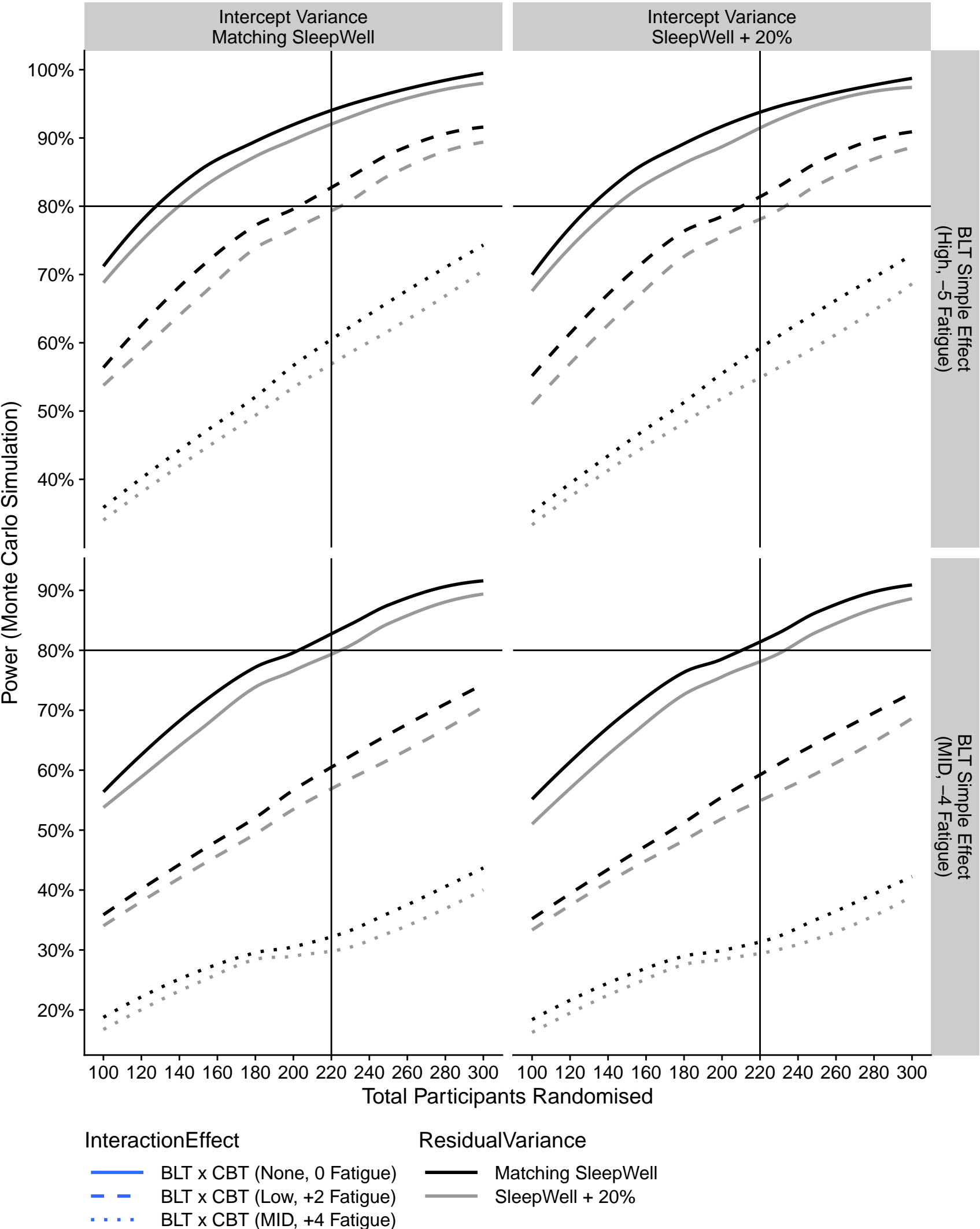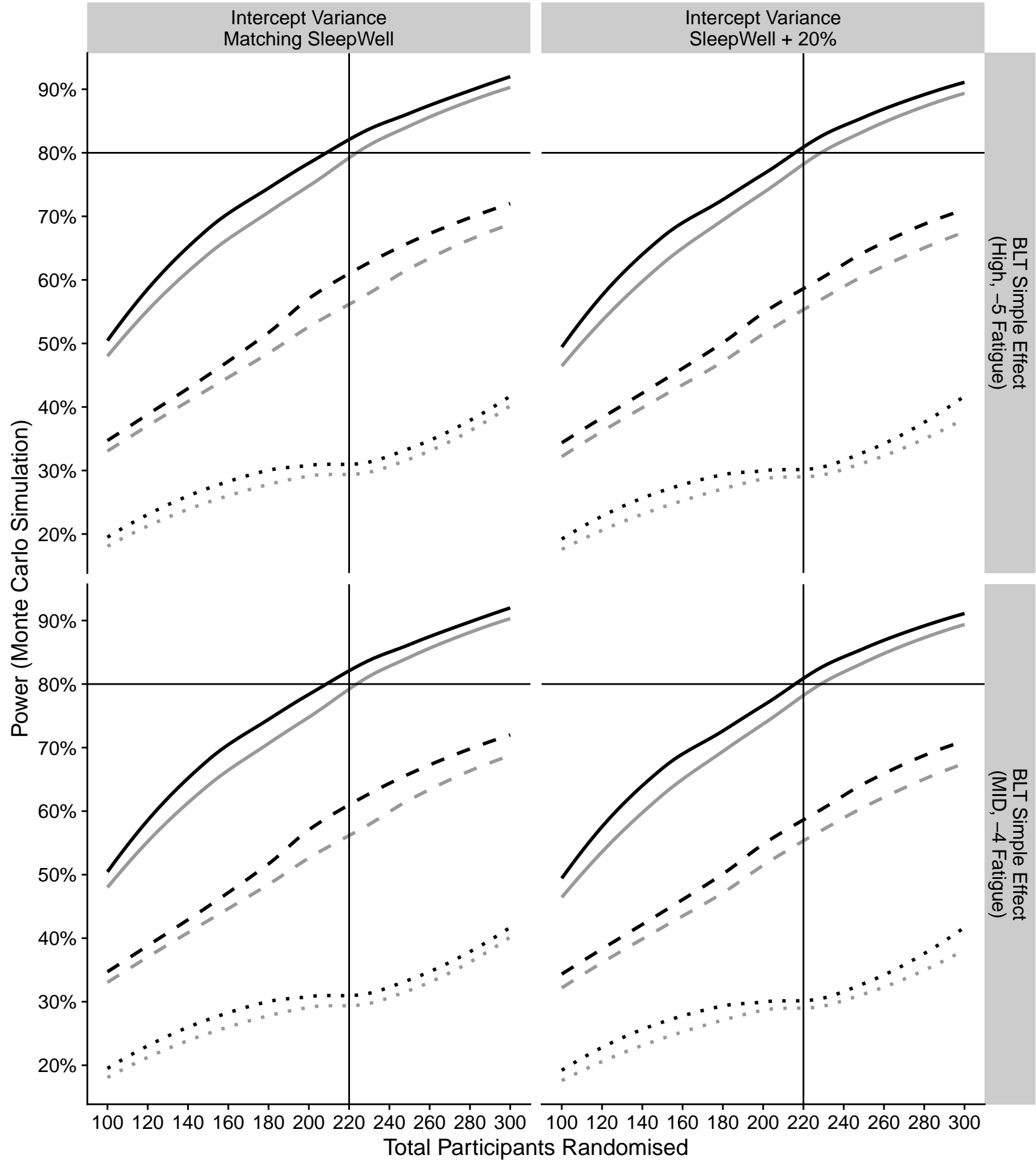BLT Simple Effect held at MID, −3 ISI.

Power for the Main Effect of BLT on Fatigue

MID = Minimally Important Difference (Change of 4 in Fatigue).
CBT Simple Effect held at MID, −4 Fatigue.

Power for the Main Effect of CBT on Fatigue

MID = Minimally Important Difference (Change of 4 in Fatigue).
CBT Simple Effect held at MID, −4 Fatigue.

Power for the BLT x CBT Interaction on Fatigue

MID = Minimally Important Difference (Change of 4 in Fatigue).
CBT Simple Effect held at MID, −4 Fatigue.

Intercept Variance Matching SleepWell

Intercept Variance SleepWell + 20%

BLT Simple Effect (High, −5 Fatigue)

BLT Simple Effect (MID, −4 Fatigue)

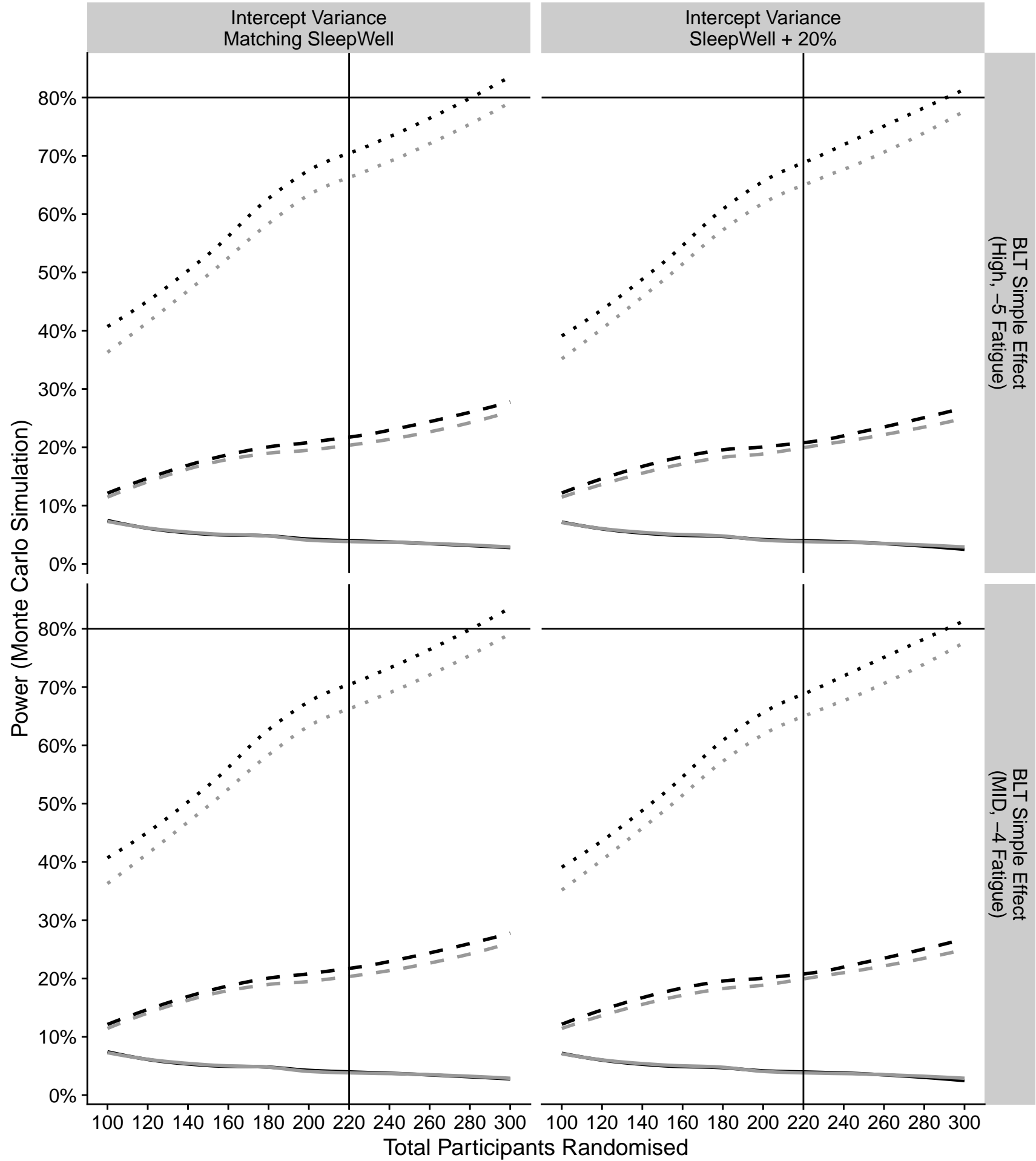Power (Monte Carlo Simulation)

Total Participants Randomised

InteractionEffect

BLT x CBT (None, 0 Fatigue)
BLT x CBT (Low, +2 Fatigue)
BLT x CBT (MID, +4 Fatigue)

ResidualVariance

Matching SleepWell
SleepWell + 20%