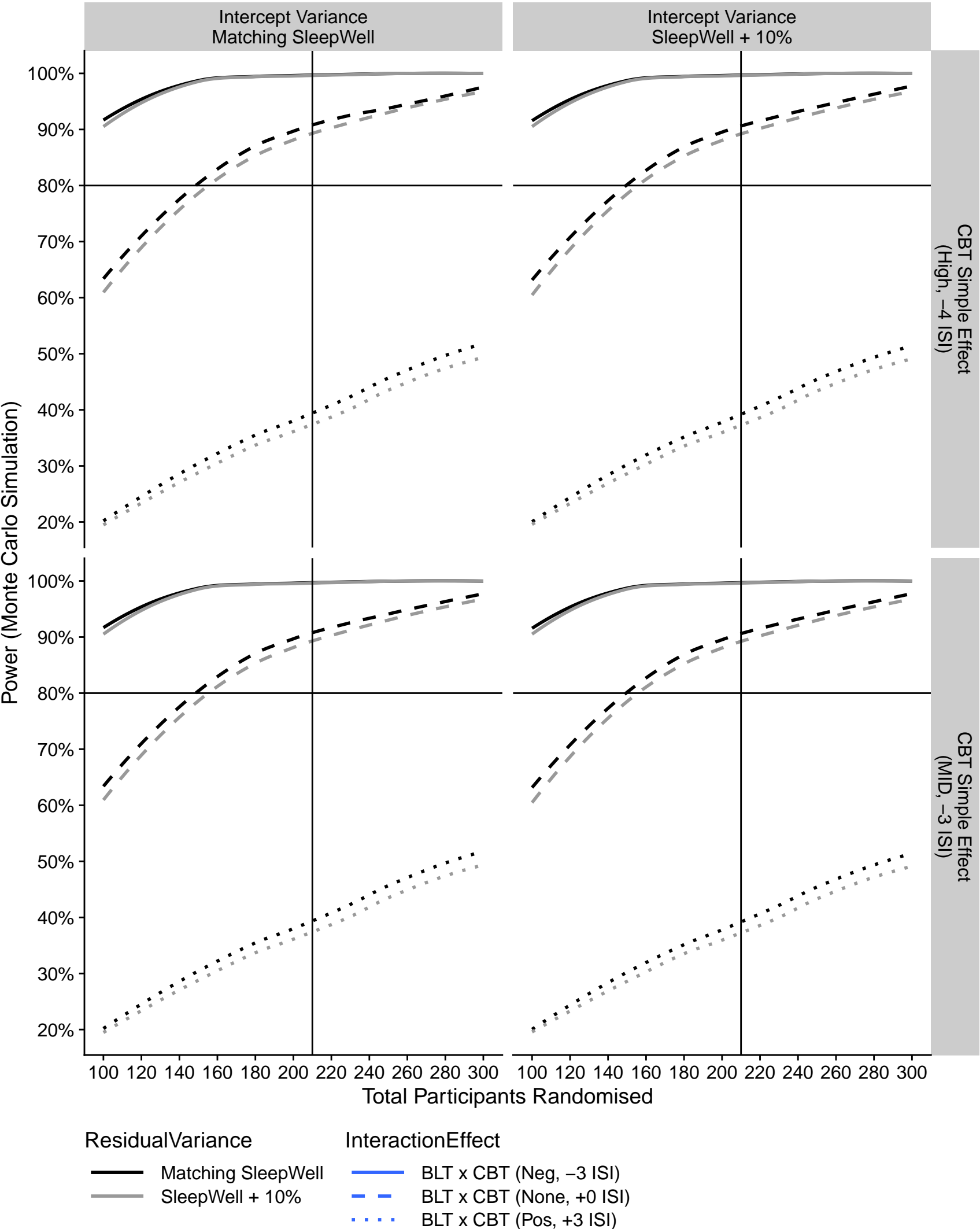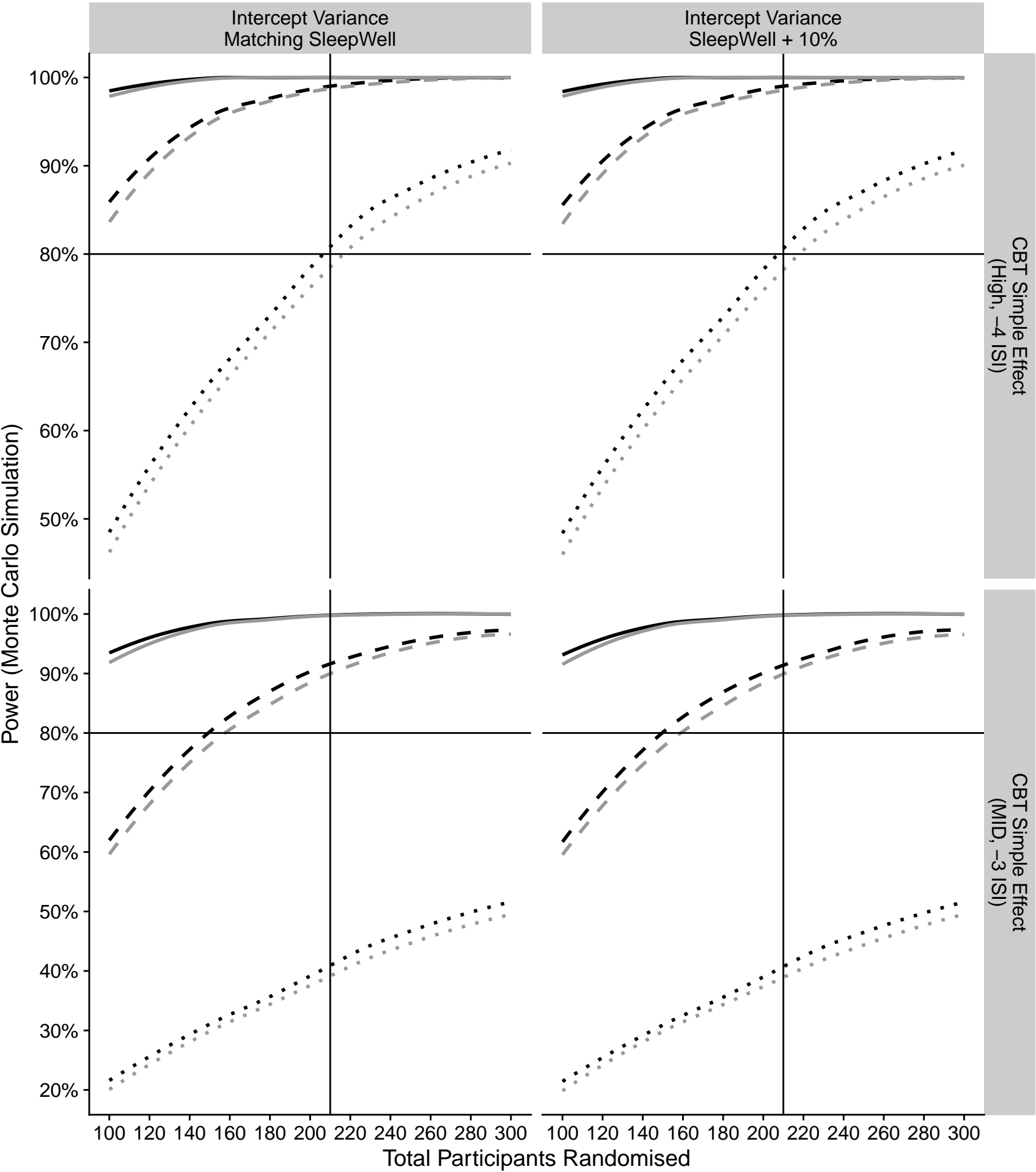# Power for the Main Effect of BLT on ISI

MID = Minimally Important Difference (Change of 3 in ISI).
BLT Simple Effect held at MID, −3 ISI.
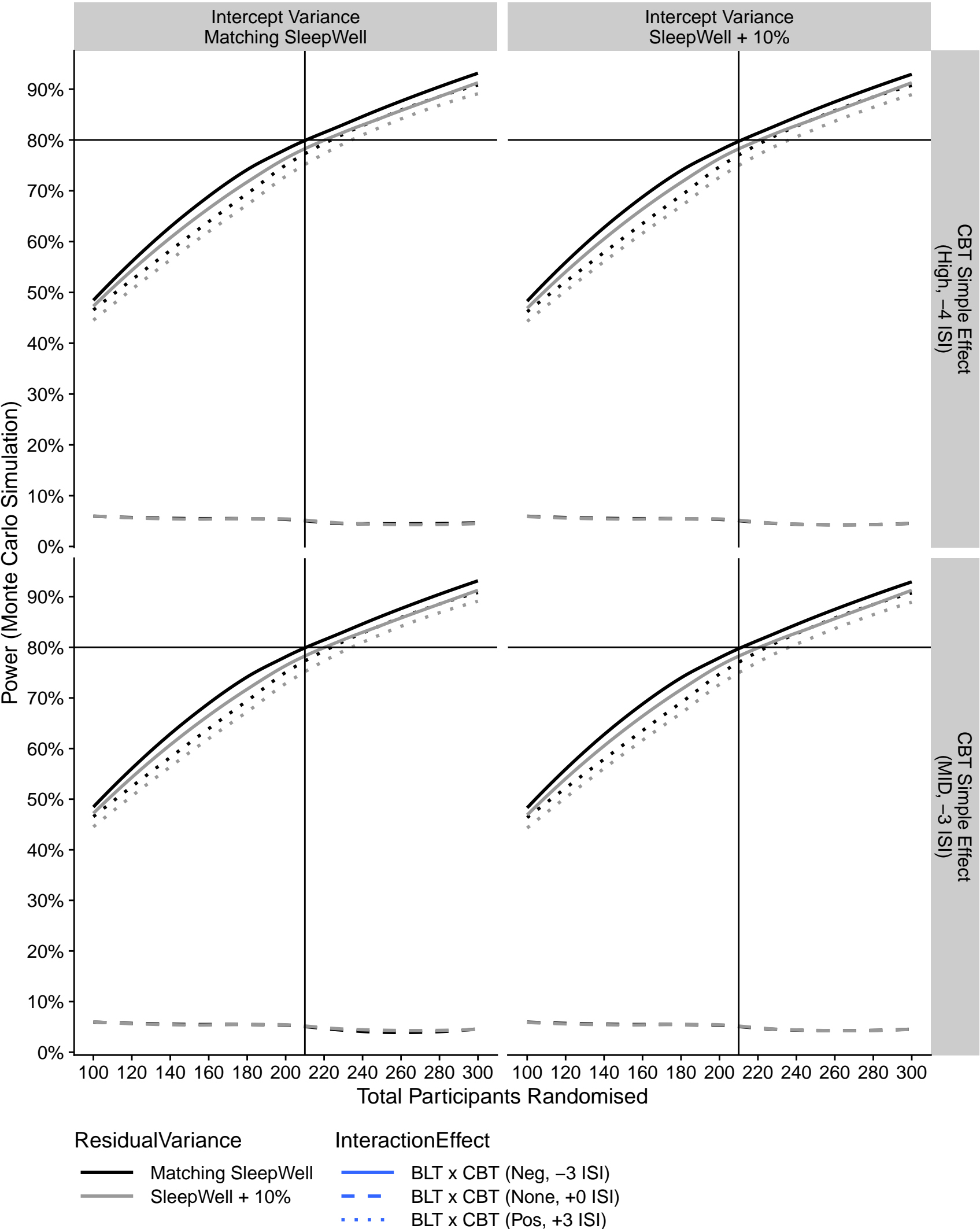
Power for the Main Effect of CBT on ISI

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

ResidualVariance
— Matching SleepWell
— SleepWell + 10%

InteractionEffect
—— BLT x CBT (Neg, −3 ISI)
– – BLT x CBT (None, +0 ISI)
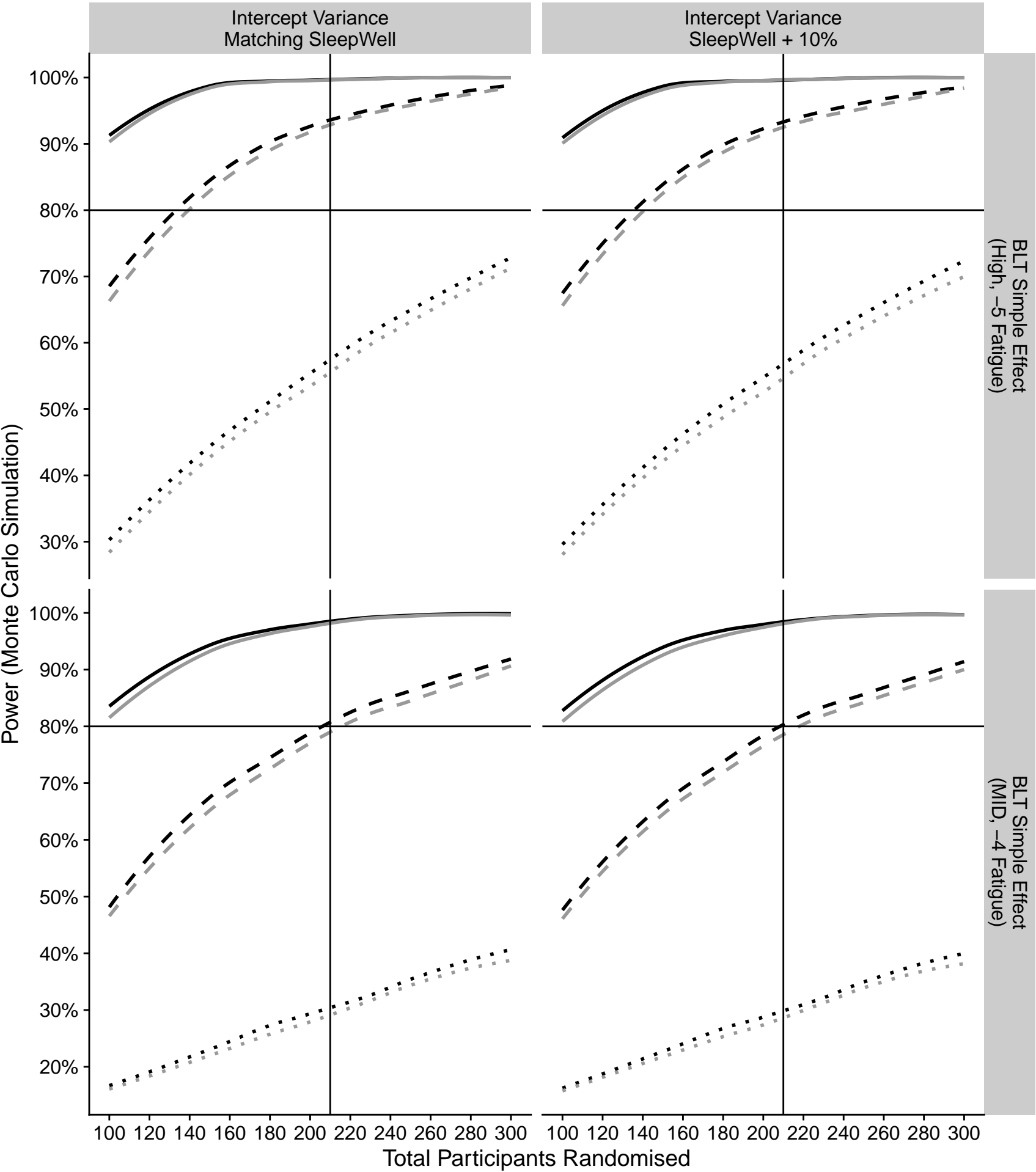······ BLT x CBT (Pos, +3 ISI)

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.

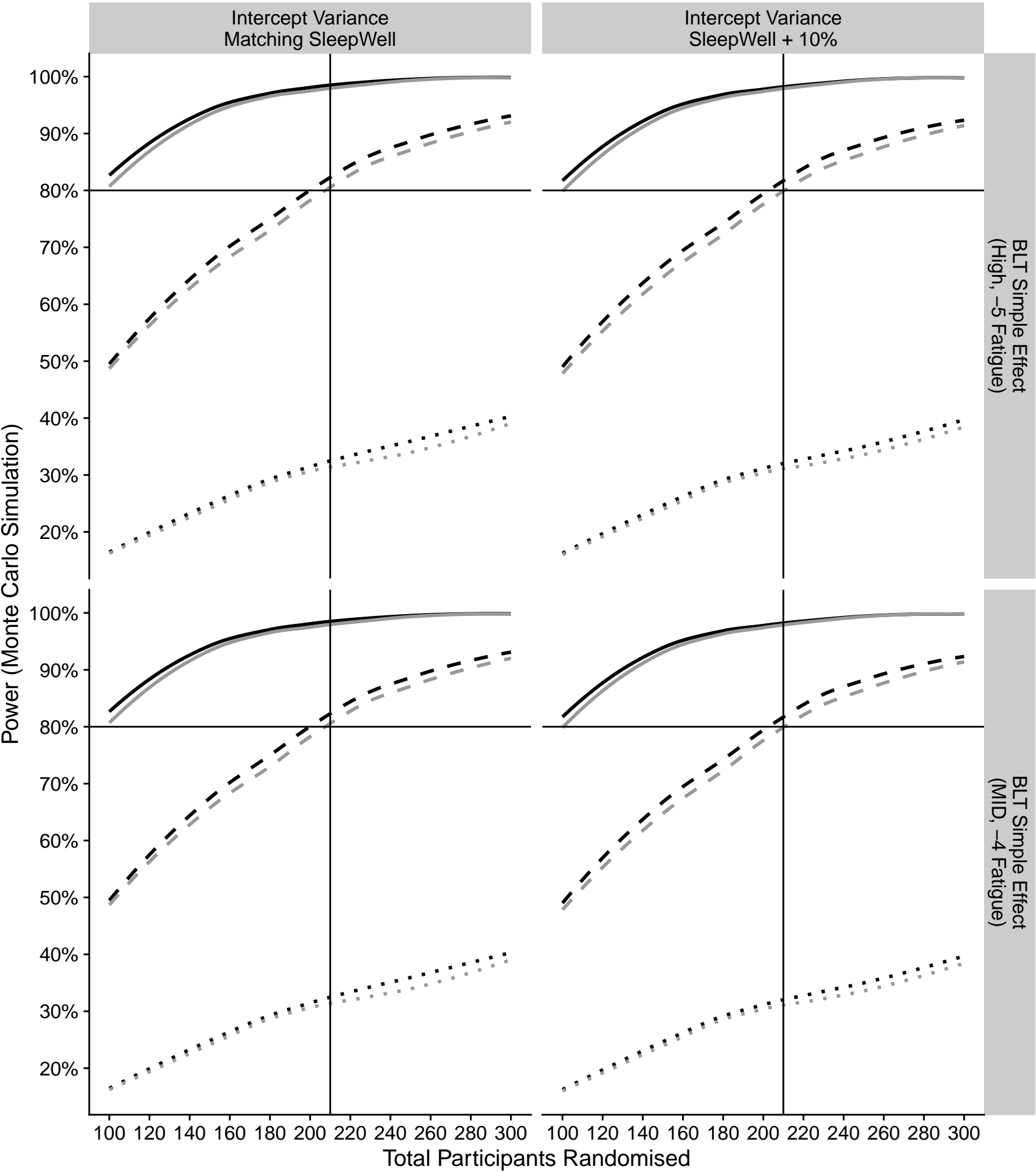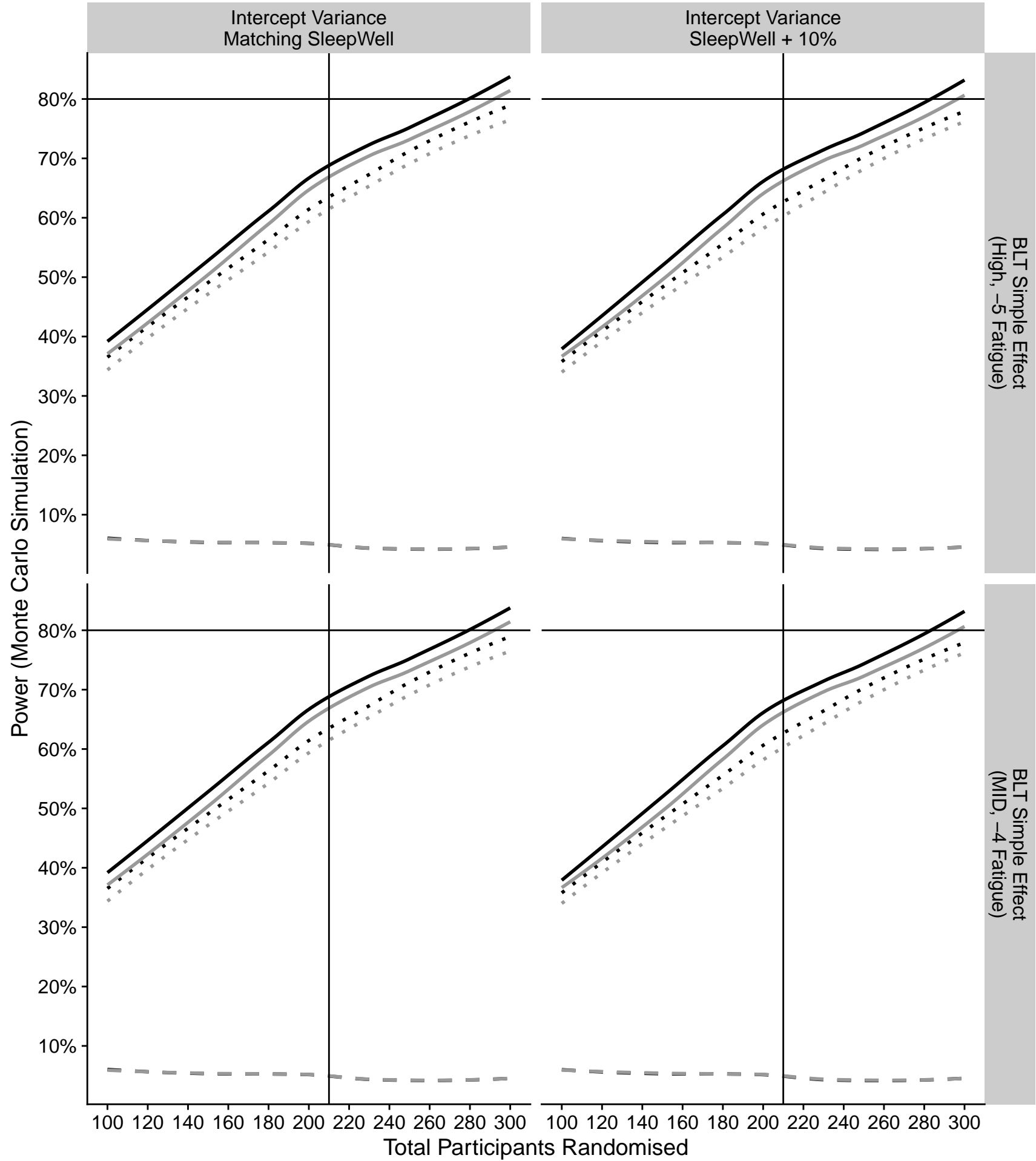# Power for the Main Effect of CBT on Fatigue

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.