**Transdiagnostic Sleep and Circadian Intervention for Youth (TranS-C)** (Harvey, 2016; Harvey & Buysse, 2017).TranS-C was developed using a transdiagnostic approach rather than disorder-focused approach. TranS-C targets psychosocial, behavioral, and cognitive processes that maintain sleep and circadian problems in youth, and includes 4 cross-cutting modules, 4 core modules, and 7 optional modules. Haruka, can you add more information about specific modules in TranS-C?

**Psychoeducation (PE).** PE is an active control associated with sleep improvement (Harvey et al., 2015). PE sessions focus on providing information about the interplay between sleep, stress, diet, health, exercise, accidents, and mood. Participants sample through mediation, yoga, and/or outdoor appreciation activities.

**References to use:**

Harvey AG, Buysse DJ. Treating Sleep Problems: A Transdiagnostic Approach. New York:

Guilford; in press.

Harvey AG. A transdiagnostic approach to treating sleep disturbance in psychiatric disorders.

Cognitive Behavior Therapy. 2009;38:35-42.

**\*Main references:** Harvey AG. A Transdiagnostic Intervention for Youth Sleep and Circadian Problems. Cognitive and Behavioral Practice. 2015;23(3):341-355.