|  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | Treatment effect on change during the treatment phase | | | Treatment effect on change from baseline through 6-month follow-up | | | Treatment effect from post to follow-up | | |
|  | Coef. | *SE* | *p* | Coef. | *SE* | *p* | Coef. | *SE* | *p* |
| Sleep and Circadian Outcomes |  |  |  |  |  |  |  |  |  |
| SD-TST weeknights\* | 12.98 | 11.56 | 0.26 | -0.75 | 11.62 | 0.95 | -13.73 | 11.83 | 0.25 |
| SD-BT weeknights\* | -0.04 | 0.16 | 0.81 | 0.20 | 0.16 | 0.21 | 0.24 | 0.16 | 0.14 |
| SD-TST weeknight-weekend discrepancy | 48.03 | 23.45 | 0.04 | 18.30 | 23.47 | 0.44 | -29.73 | 24.00 | 0.22 |
| SD-BT weeknight-weekend discrepancy | 0.04 | 0.29 | 0.89 | 0.38 | 0.29 | 0.19 | 0.34 | 0.29 | 0.25 |
| SD-WUP weeknight-weekend discrepancy | 0.70 | 0.29 | 0.02 | 0.72 | 0.29 | 0.01 | 0.02 | 0.29 | 0.95 |
| Sleepiness | -1.69 | 0.72 | 0.02 | -1.08 | 0.73 | 0.14 | 0.61 | 0.76 | 0.43 |
| PSQI | -0.99 | 0.47 | 0.04 | -1.09 | 0.48 | 0.02 | -0.10 | 0.49 | 0.84 |
| CBCL Sleep Composite | -0.76 | 0.29 | 0.01 | -0.06 | 0.30 | 0.85 | 0.70 | 0.30 | 0.02 |
| CMEP\* | 2.00 | 0.65 | 0.002 | 1.84 | 0.67 | 0.01 | -0.16 | 0.69 | 0.83 |

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
|  | TranS-C |  |  | PE |  |  |
| Outcome variables | No. | Mean (SD) | Cohen’s *d* | No. | Mean (SD) | Cohen’s *d* |
| **SD-TST weeknights\*** |  |  |  |  |  |  |
| Baseline |  |  |  |  |  |  |
| Post-treatment |  |  |  |  |  |  |
| 6-month follow-up |  |  |  |  |  |  |
| **SD-BT weeknights\*** |  |  |  |  |  |  |
| Baseline |  |  |  |  |  |  |
| Post-treatment |  |  |  |  |  |  |
| 6-month follow-up |  |  |  |  |  |  |
| **SD-TST weeknight-weekend discrepancy** |  |  |  |  |  |  |
| Baseline |  |  |  |  |  |  |
| Post-treatment |  |  |  |  |  |  |
| 6-month follow-up |  |  |  |  |  |  |
| **SD-BT weeknight-weekend discrepancy** |  |  |  |  |  |  |
| Baseline |  |  |  |  |  |  |
| Post-treatment |  |  |  |  |  |  |
| 6-month follow-up |  |  |  |  |  |  |
| **SD-WUP weeknight-weekend discrepancy** |  |  |  |  |  |  |
| Baseline |  |  |  |  |  |  |
| Post-treatment |  |  |  |  |  |  |
| 6-month follow-up |  |  |  |  |  |  |
| **Sleepiness** |  |  |  |  |  |  |
| Baseline |  |  |  |  |  |  |
| Post-treatment |  |  |  |  |  |  |
| 6-month follow-up |  |  |  |  |  |  |
| **PSQI** |  |  |  |  |  |  |
| Baseline |  |  |  |  |  |  |
| Post-treatment |  |  |  |  |  |  |
| 6-month follow-up |  |  |  |  |  |  |
| **CBCL Sleep Composite** |  |  |  |  |  |  |
| Baseline |  |  |  |  |  |  |
| Post-treatment |  |  |  |  |  |  |
| 6-month follow-up |  |  |  |  |  |  |
| **CMEP\*** |  |  |  |  |  |  |
| Baseline |  |  |  |  |  |  |
| Post-treatment |  |  |  |  |  |  |
| 6-month follow-up |  |  |  |  |  |  |