**ESM items**

*1. Is this the first time today that you have completed this questionnaire?*

Yes -> if yes: continue

No -> if no: go to question 8

*2. What was the quality of my sleep like?*

Scale 1 -100

*3. What time did I go to bed?*  **(mindcog\_db\_3\_hh & mindcog\_db\_3\_ii)**hh:mm

*4. What time did I try to fall asleep?* **(mindcog\_db\_4\_hh & mindcog\_db\_4\_ii)**hh:mm

*5. How long did it take me to fall asleep?*

5 minutes

*6. What time did I finally wake up?*  **(mindcog\_db\_6\_hh & mindcog\_db\_6\_ii)**

HH:MM

*7. I felt rested when I woke up*

Scale 1 -100

*8.At the moment I feel wakeful (PA)*

Scale 1 -100

*9. Right now I'm feeling gloomy /down (NA)*

Scale 1 -100

*10.At the moment I feel satisfied (PA)*

Scale 1 -100

*11. Right now I feel irritated (NA)*

Scale 1 -100

*12. Right now I feel energized (PA)*

Scale 1 -100

*13. At the moment I feel restless (NA)*

Scale 1 -100

*14. Right now I feel stressed*

Scale 1 -100

*15. At the moment I feel anxious (NA)*

Scale 1 -100

*16. At the moment I feel lethargic/listless*

Scale 1 -100

*17. At the moment I am thinking of*

The activity I'm doing (1)

Stimuli from the environment (2)

How I feel right now (3)

My personal concerns (4)

I'm daydreaming (5)

Other (6)

*18. At the moment I am ruminating*  
Scale 1 -100

*19. At this moment my thoughts do not let go of me*

Scale 1 -100

*20. At this moment I feel comfortable with the thoughts I experience*

Scale 1 -100

*21. At the moment my thoughts are about:*

- The past (1)

- The present (2)

- The future (3)

*22. At the moment my thoughts are:*

- Negative (1)

- Neutral (2)

- Positive (3)

*23. At the moment my thoughts are about:*

- Myself (1)

- Someone else (2)

- Neither (3)

*24. At the moment I am easily distracted*

Scale 1 -100

*25. I am looking forward to the rest of the day*

Scale 1 -100

*26. At the moment I am:*

- alone (1) -> go to question 28

- In company (2) -> go to question 27

*27 I like the company*

Scale 1 -100

28. *I enjoy being alone right now*

Scale 1 -100

*29 Think of the most enjoyable event or activity since the previous measurement moment. How pleasant was this?*

Scale 1 -100

*30 How intense was this event?*

Scale 1 -100

*31* *Think of the most unpleasant event or activity since the previous measurement moment. How unpleasant was this?*

Scale 1 -100

*32 How intense was this event?*

Scale 1 -100

*33 Note down any other comments here:*

Open field