

## Partial results

### Cross-cultural adaptation

The initial translation of SPAQ and DBAS-16 instructions, rating scale, and items was a mix of translations produced by the three (for each instrument) forward translators. To some items a determined translation was taken with minor or no modifications. Others were a merge of two or more versions with additions were it deemed necessary. The instruments versions produced in each stage of the cross-cultural adaptation process, as well as a detailed documentation of criteria for decisions, are available at <https://osf.io/av45j/>.

Once each stage of the translation process was completed, both instruments were submitted to appreciation by a sample of 15 subjects of the target population. Overall, participants had a good comprehension of the test items and instructions and only a single term of the DBAS-16 required alteration for a more natural reading in the target language. The final version of both SPAQ and DBAS-16 are on Appendix X.

### Sample description

After excluding individuals who did not meet the inclusion criteria and those who failed to complete at least the first questionnaire on the survey (DBAS-16), the final sample was comprised of 1397 individuals, of which 1130 were female and 1062 reported insomnia symptoms. Sample mean age was 38.41 years ( $SD = 9.79$ , range: 18–59.8 years). There were 619 participants who reported having a formal job, and 1085 had a university degree. A detailed description of the sample is found on Table X.

Table 1: Sample description

	*n* = 1397
Sex Male (%)	267 (19.1)
Age (mean (SD))	38.41 (9.79)
Race (%)	
Asian	48 ( 3.4)
Black	331 (23.7)
Other/Not informed	13 ( 0.9)
White	1005 (71.9)
Marital Status (mean (SD))	2.37 (1.23)
Educational Level (%)	
Primary School	17 ( 1.2)
Secondary School	295 (21.1)
University degree or higher	1085 (77.7)
Monthly income (mean (SD))	9197.40 (7946.13)
Occupation (%)	
Informal work	46 ( 3.3)
Regular job	619 (44.3)
Retired	29 ( 2.1)
Self-employed	410 (29.3)
Student	172 (12.3)
Unemployed	121 ( 8.7)
Insomnia (%)	1062 (76.0)
Region (%)	
Central-West	54 ( 3.9)
Northeast	105 ( 7.6)
Northern	36 ( 2.6)
Southeast	1083 (77.9)
Southern	112 ( 8.1)