

Supplementary Material

Supplementary Table 3 Raw actiwatch data for our 44-year-old female outpatient suffering from chronic schizophrenia and sleep disorders before and after acupuncture treatment.

Actiwatch Sleep Parameters	Before Acupuncture													
<i>Days</i>	<i>1</i>	<i>2</i>	<i>3</i>	<i>4</i>	<i>5</i>	<i>6</i>	<i>7</i>	<i>8</i>	<i>9</i>	<i>10</i>	<i>11</i>	<i>12</i>	<i>13</i>	<i>14</i>
Sleep efficiency ¹	83.5	82.7	83.9	86.2	84.9	86.8	82.4	45.3	86.3	86.9	66.5	85.7	77.9	85.4
Sleep latency ²	47	33	13	30	33	7	25	43	4	16	37	23	17	18
Absolute actual sleep time ²	685	677	590	550	690	614	588	288	548	651	341	684	600	659
Absolute actual wake time ²	84	109	98	58	89	84	98	274	76	81	121	90	148	95
Relative actual sleep ¹	89.1	86.1	85.8	90.5	88.6	88	85.7	51.2	87.8	88.9	73.8	88.4	80.2	87.4
Relative actual wake ¹	10.9	13.9	14.2	9.5	11.4	12	14.3	48.8	12.2	11.1	26.2	11.6	19.8	12.6
Assumed sleep ²	769	786	688	608	779	698	686	562	624	732	462	774	748	754
Actiwatch Sleep Parameters	After Acupuncture													
<i>Days</i>	<i>1</i>	<i>2</i>	<i>3</i>	<i>4</i>	<i>5</i>	<i>6</i>	<i>7</i>	<i>8</i>	<i>9</i>	<i>10</i>	<i>11</i>	<i>12</i>	<i>13</i>	<i>14</i>
Sleep efficiency ¹	84.6	83.4	83.6	86.1	84.9	88.8	84.4	83.5	88.1	89	80.7	85.8	90.7	85.4
Sleep latency ²	15	9	10	24	17	10	9	32	19	20	19	6	1	6
Absolute actual sleep time ²	440	649	588	454	508	541	667	364	682	548	613	386	408	678
Absolute actual wake time ²	58	113	91	47	70	56	114	34	68	45	128	58	39	110
Relative actual sleep ¹	88.4	85.2	86.6	90.6	87.9	90.6	85.4	91.5	90.9	92.4	82.7	86.9	91.3	86
Relative actual wake ¹	11.6	14.8	13.4	9.4	12.1	9.4	14.6	8.5	9.1	7.6	17.3	13.1	8.7	14
Assumed sleep ²	498	762	679	501	578	597	781	398	750	593	741	444	447	788

¹ in percentages, ² in minutes