

Supplement 1:

Online-Diary (translated from German)

	Evening	Example
1.	Mood? ¹	6
2.	Were you tired during the day?	2
3.	How many cups of tea/coffee did you consume?	5
4.	Did you consume alcohol or sedatives? How much?	0,5L Bier
5.	What time did you go to bed and try to sleep?	23:10
6.	How long were you awake for before you fell asleep?	10 Min
	Morning	Beispiel
7.	What time did you wake up?	6:10
8.	How long did you sleep in total?	7 Std.
9.	How often were you awake for?	2x
10.	Are you feeling refreshed/well rested? ³	2
11.	Mood? ¹	3

¹ (sad=1, normal=5, euphoric=10)

² (not at all=1, very tired=6)

³ (1=fresh and awake, tired/exhausted=6)