**Supplementary Figure 1. Richards-Campbell Sleep Questionnaire (RCSQ)**

**Directions:** Place an “X” anywhere on the answer line that you feel **BEST** describes your sleep last night.

1. My sleep last night was:
   - Deep
   - Light
   - Sleep
   - Sleep

2. Last night, the first time I got to sleep, I:
   - Fell
   - Just Never
   - Asleep
   - Could Fall
   - Almost
   - Asleep
   - Immediately

3. Last night I was:
   - Awake
   - Awake All
   - Very Little
   - Night Long

4. Last night, when I woke up or was awakened, I:
   - Got Back
   - Couldn’t
   - To Sleep
   - Get Back
   - Immediately
   - To Sleep

5. I could describe my sleep last night as:
   - A Good
   - A Bad
   - Night’s
   - Night’s
   - Sleep
   - Sleep