

Table SI. Pittsburgh Sleep Quality Index and Regensburg Insomnia Scale

	Pittsburgh Sleep Quality Index (12, 13)	Regensburg Insomnia Scale (14)
Number and content of items	A total of 24 items, but just 18 of these items: Require a self-assessment. Are considered for evaluation. Can be categorized into 7 components: subjective sleep quality, sleep latency, sleep duration, habitual sleep efficiency, sleep disturbances, use of sleeping medications and daytime functioning	A total of 10 items, additionally, the time patients go to bed, as well as when they awaken, is asked: 5 items concentrate on qualitative and quantitative sleep complaints. Psychological aspects are documented via 4 items. The last item scrutinizes the intake of sedatives.
Requested period	4 weeks	4 weeks
Main emphasis	Quality of sleep and possible sleep disturbances	Psychological and quantitative aspects of sleep
Evaluation	Each component is rated between 0 and 3. After completion, all values are summed into a range of 0–21. The higher the sum, the more limited the sleeping behaviour is. Patients with an index higher than 5 points are classified as poor sleepers.	A 5-point Likert scale (0–4) was chosen to measure these aspects. The total was ascertained by summing up each value with a total range of 0–40. Patients who achieve values higher than 12 points can thus be considered sleep impaired.