

	Placebo			Low dose group			High dose group		
	Baseline	4 weeks	Difference	Baseline	4 weeks	Difference	Baseline	4 weeks	Difference
Subjective sleep quality	1.08±0.95	1.05±0.52	0.00±0.88	1.03±0.95	1.15±0.36	0.12±0.86	0.76±0.99	1.09±0.38	0.32±1.07
Sleep latency	1.11±0.77	0.84±0.96	-0.27±0.90	1.45±0.94	1.03±0.77	-0.42±1.20	1.41±0.89	0.88±0.88	-0.53±1.19
Sleep duration	0.22±0.42	0.16±0.37*	-0.05±0.47	0.45±0.62	0.42±0.75	-0.03±0.88	0.09±0.29	0.21±0.41	0.12±0.54
Habitual sleep efficiency	0.08±0.28	0.06±0.23	-0.03±0.37	0.21±0.48	0.06±0.24	-0.15±0.57	0.09±0.11	0.06±0.24	-0.03±0.39
Sleep disturbances	1.03±0.16	0.97±0.16*	-0.05±0.23	1.18±0.39	1.06±0.24	-0.12±0.48	1.21±0.41	1.15±0.36	-0.06±0.49
Use of sleeping medication	0.14±0.54	0.08±0.36	-0.05±0.62	0.06±0.24	0.06±0.24	-0.06±0.24	0.03±0.17	0.09±0.29	0.06±0.34
Daytime dysfunction	1.32±1.27	0.81±0.84	-0.51±1.10	1.45±1.46	0.67±0.78	-0.79±1.54	1.00±1.13	0.47±0.56	-0.53±1.31
Global score	4.97±2.48	3.97±1.99*	-1.00±2.27	5.85±2.74	4.39±1.56*	-1.42±2.94	4.59±2.18	3.94±1.41*	-0.65±2.74

Supplementary Table 3. Seven component scores and global score of PSQI

Data expressed as mean ± standard deviations. The seven component scores and global scores of PSQI were analyzed among three groups at baseline, the end of intervention, and difference between baseline and end of intervention using one-way analysis of variance or the Kruskal–Wallis H-test, and the Benjamin–Krieger–Yekutieli method was used to adjust *P* values for pairwise comparisons. Self-comparisons within the groups before and after the intervention were carried out and * represent *P* < 0.05.