

Supplementary table 1
Key measures and timing of assessments.

	Day -7	Day 0*	Day 3	Day 4	Day 7	Day 14	Week 4	Week 8	Week 24	Week 52
IDS-SR		X	X	X	X	X	X	X	X	X
KSS			X	X						
HDRS-6		X			X	X	X	X	X	X
GAD-7		X			X	X	X	X	X	X
ISI		X			X	X	X	X	X	X
Actigraphy	X	X	X	X	X	X	X	X	X	X
Sleep diaries	X	X	X	X	X	X	X	X	X	X
rMEQ		X						X		
SETS		X								
PSEN							X			
WSAS		X			X	X	X	X	X	X
EQ-5D-5L		X			X	X	X	X	X	X
Demographics		X								

*Baseline assessments at day 0 will be conducted prior to randomization.

Abbreviations: IDS-SR – Inventory of Depressive Symptomatology, Self-Report; KSS – Karolinska Sleepiness Scale; HDRS-6 – Hamilton Depression Rating Scale, 6 item version; GAD-7 – Generalized Anxiety Disorder; ISI – Insomnia Severity Index; rMEQ - Brief Horne-Östberg Morningness-Eveningness Questionnaire; SETS – Stanford Expectations of Treatment Scale; WSAS – Work and Social Adjustment Scale; PSEN – Patient Satisfaction and experienced negative effects.