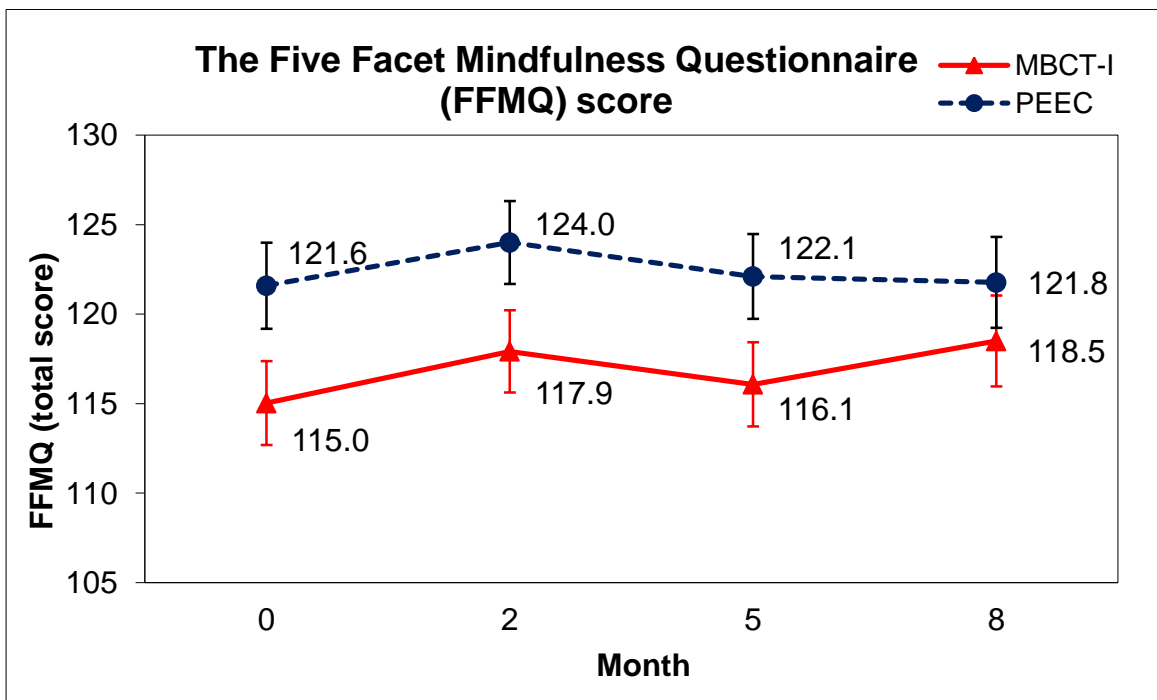
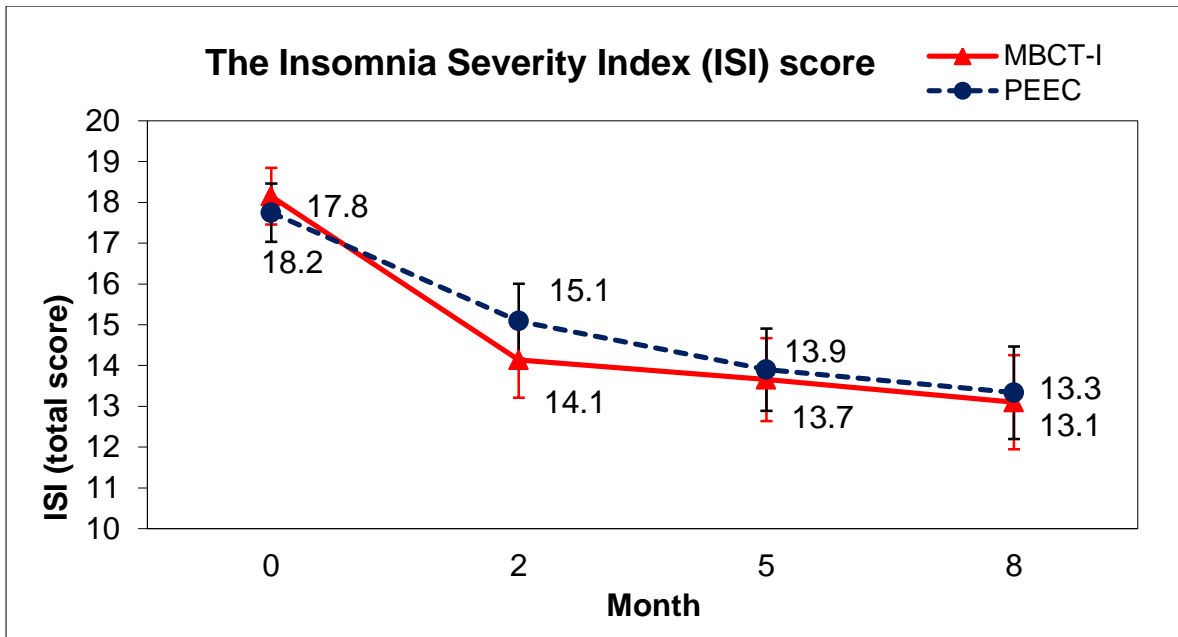


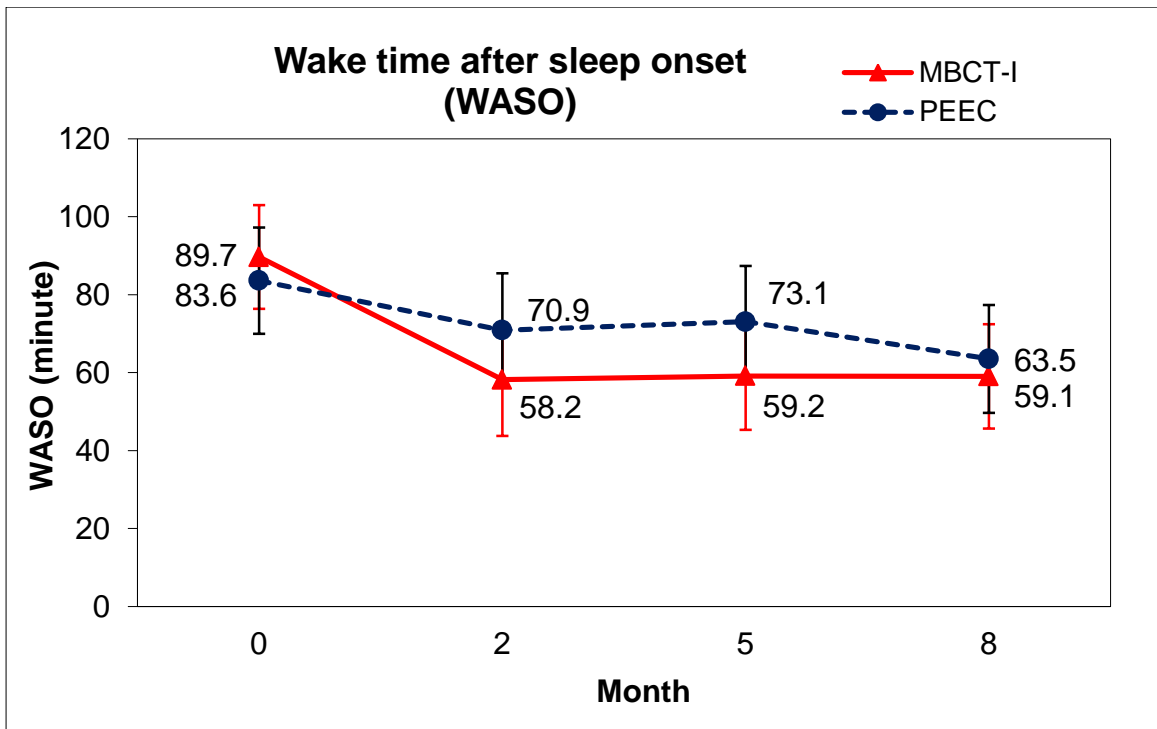
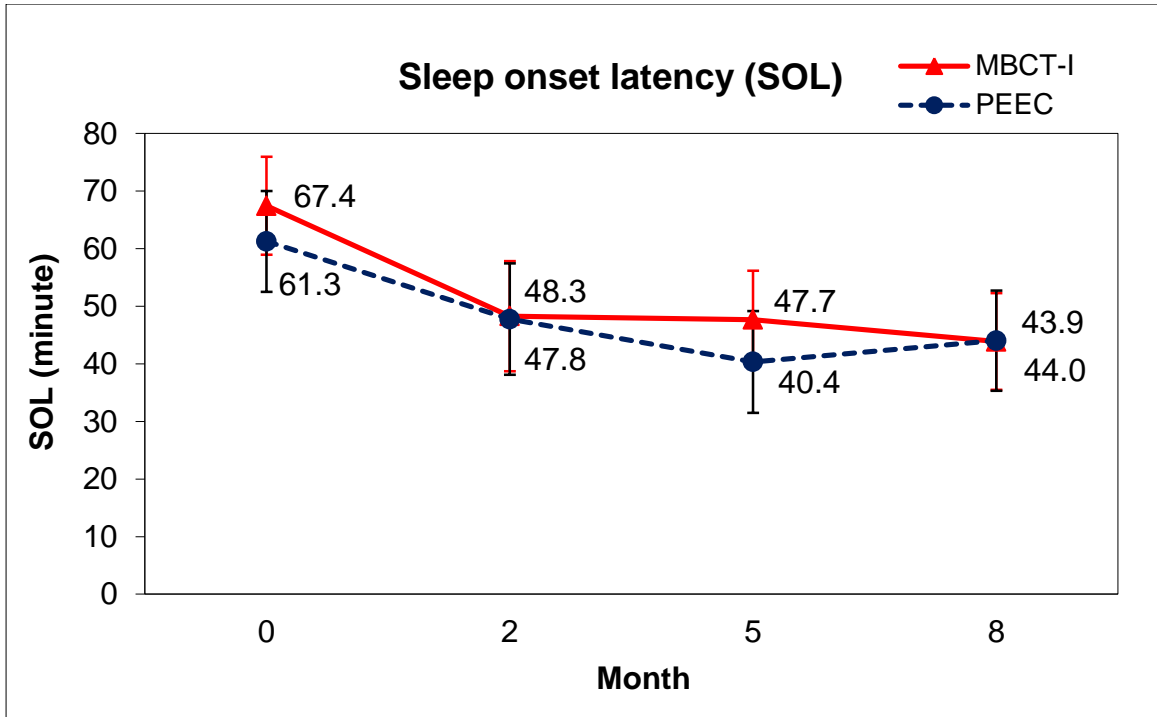
## Online supplementary materials

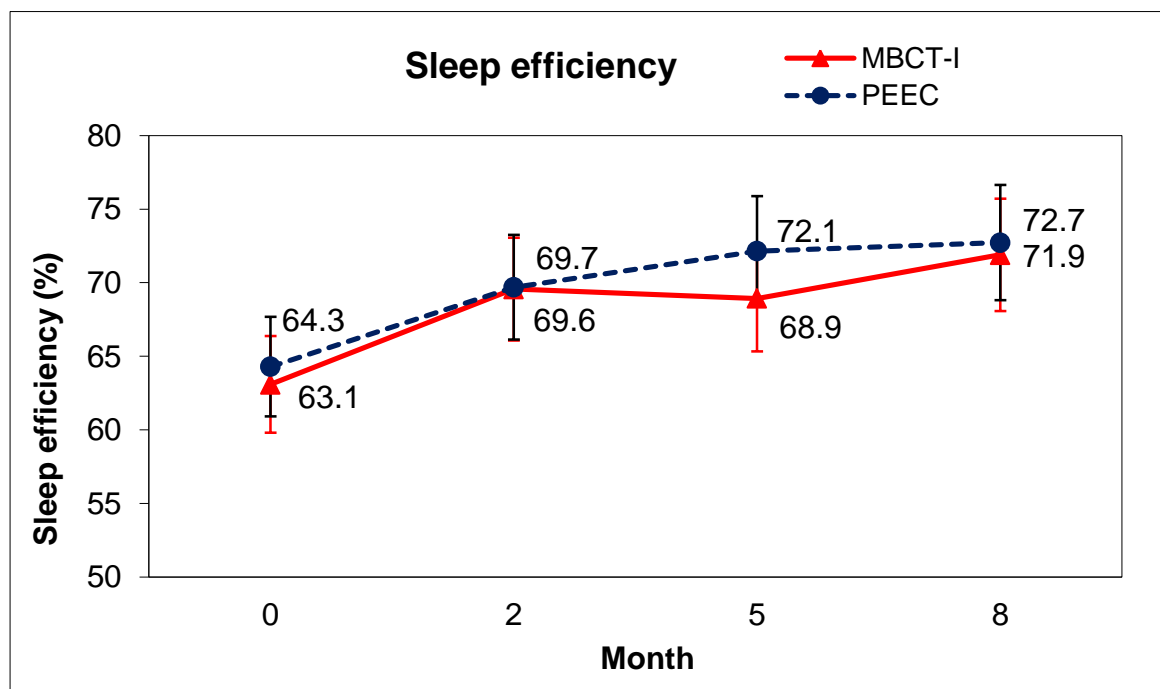
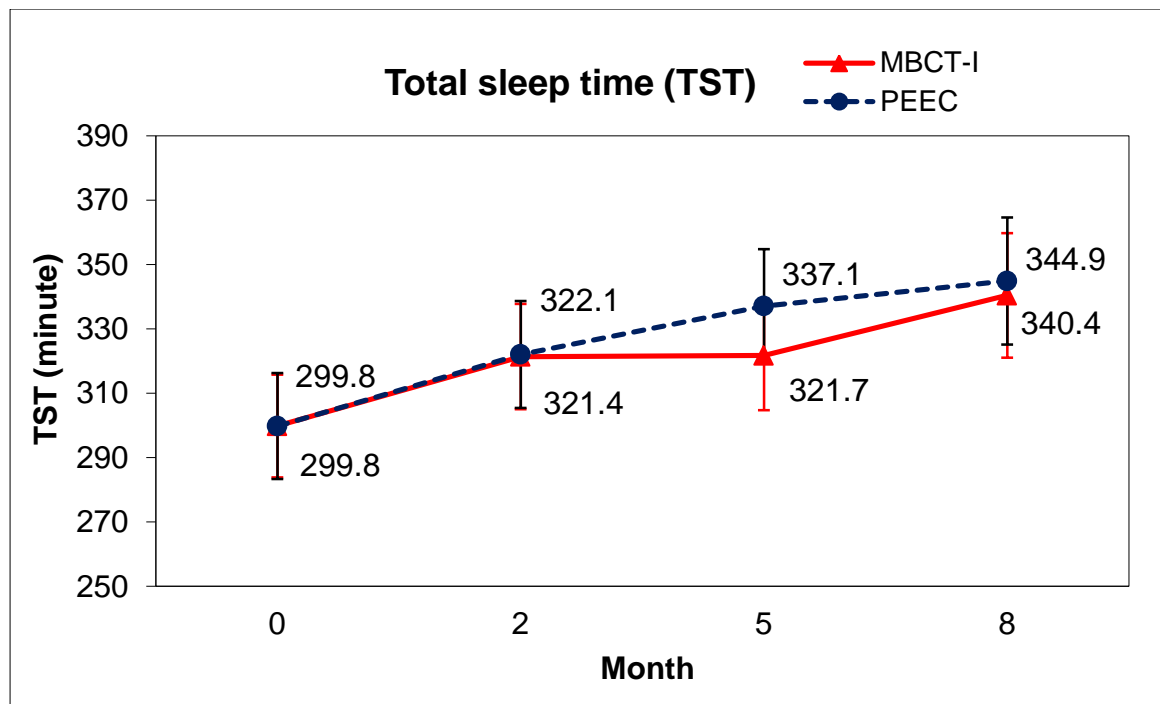
**Online supplementary table 1: Health service utilization of both MBCT-I and PEEC groups in 8 months (n = 216)**

Health Care Use	MBCT-I	PEEC	P value
<b>Participants who visited to primary care and secondary care doctors (both private and public) in the last month (n, %)</b>			
Baseline	35 (31.5%)	30 (28.6%)	0.635
2 month	18 (16.2%)	30 (28.6%)	<b>0.029<sup>a</sup></b>
5 Month	18 (16.2%)	13 (12.4%)	0.422
8 Month	19 (17.1%)	24 (22.9%)	0.291
<b>Number of visits to primary care and secondary care doctors (both private and public) in the last month (mean±SD)</b>			
Baseline	4.5±3.7	12.7±18.2	<b>0.022<sup>a</sup></b>
2 month	6.9±6.3	7.7±9.9	0.779
5 Month	3.9±4.0	4.8±4.9	0.554
8 Month	4.1±3.8	5.0±5.6	0.538
<b>Hospitalization (n, %)*</b>			
Baseline	5 (4.5%)	3 (2.9%)	-
2 month	3 (2.7%)	3 (2.9%)	-
5 Month	1 (0.9%)	0 (0%)	-
8 Month	0 (0%)	0 (0%)	-
<b>Accident and Emergency (n, %)*</b>			
Baseline	1 (0.9%)	5 (4.8%)	-
2 month	2 (1.8%)	4 (3.8%)	-
5 Month	1 (0.9%)	1 (1.0%)	-
8 Month	1 (0.9%)	2 (1.9%)	-

Abbreviations: MBCT-I, Mindfulness-based cognitive therapy for insomnia; PEEC, Psycho-education with stretching exercise control. Chi-square test and two samples t-tests were applied for analysis. \*no statistical test could be performed due to only a few cases. <sup>a</sup>  $p < 0.05$ .



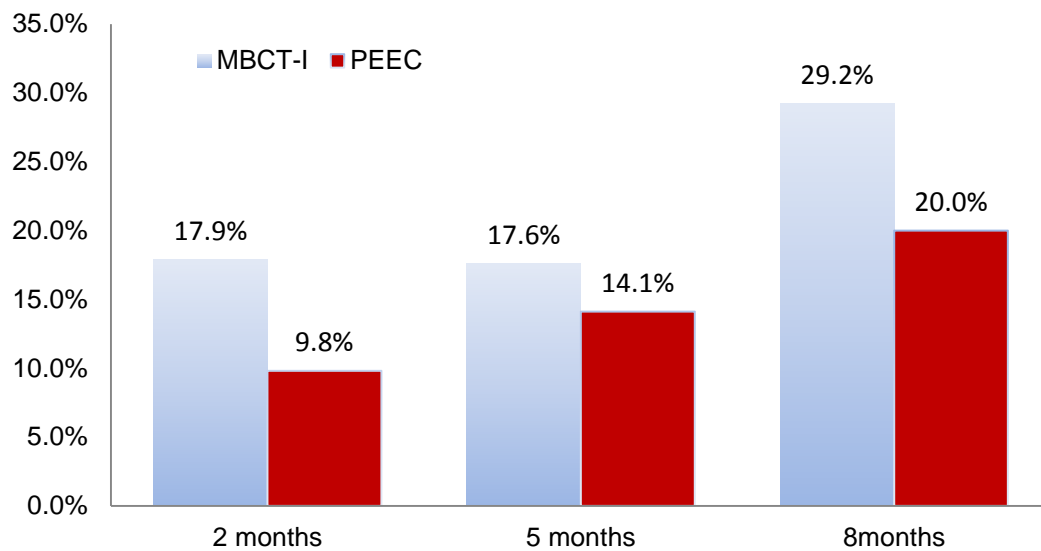




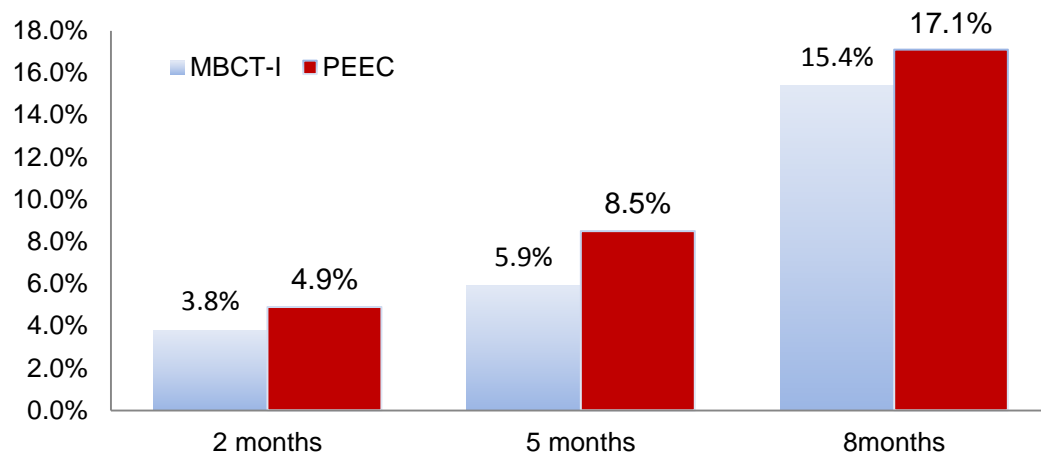
**Online supplementary figure 1: Change of results from baseline in both of the MBCT-I and PEEC groups**

Abbreviations: MBCT-I, Mindfulness-based cognitive therapy for insomnia; PEEC, Psycho-education with stretching exercise control. Data are presented as estimated mean and 95% Confidence Interval (CI) from linear mixed models. Sleep efficiency: 100% \* Ratio of sleep time (minute) to the time (minute) spent in bed.

### A. Treatment response<sup>a</sup>



### B. Treatment remission<sup>b</sup>



### Online supplementary figure 2: Treatment remission rate and treatment response rate

Abbreviations: MBCT-I, Mindfulness-based cognitive therapy for insomnia; PEEC, Psycho-education with stretching exercise control.

<sup>a</sup> Treatment response: Percentage of participants who met criterion for treatment response (the Insomnia Severity Index (ISI) total score reduction from baseline is more than 7 points).

<sup>b</sup> Treatment remission: Percentage of participants who met criterion for treatment remission (the ISI total score is below 8).