

Supplemental Material

Suppl Table 1: Scores on the individual items of the SleepSure questionnaire

Item	Group		Comparison	
	Control	Intervention		
	n= 97	n=109	p-value	
Depth of sleep	Mean	4.85	6.03	0.001
	95% CI	4.39, 5.31	5.54, 6.52	
	SD (n)	2.20 (89)	2.47 (96)	
Ease of getting to sleep	Mean	4.89	5.92	0.01
	95% CI	4.37, 5.41	5.36, 6.48	
	SD (n)	2.52 (89)	2.81 (96)	
Frequency of waking	Mean	4.4	5.17	0.06
	95% CI	3.82, 4.98	4.62, 5.72	
	SD (n)	2.79 (89)	2.70 (93)	
Ease of Getting back to sleep	Mean	4.65	6.33	<0.001
	95% CI	4.04, 5.26	5.78, 6.88	
	SD (n)	2.92 (88)	2.76 (95)	
Quality of sleep	Mean	5.07	6.09	0.007
	95% CI	4.54, 5.60	5.57, 6.61	
	SD (n)	2.54 (89)	2.60 (96)	

Length of sleep	Mean	5.13	6.22	0.003
	95% CI	4.64, 5.61	5.71, 6.73	
	SD (n)	2.34 (89)	2.55 (96)	
Noise disturbance	Mean	5.42	6.75	0.001
	95% CI	4.79, 6.04	6.24, 7.26	
	SD (n)	3.00 (88)	2.54 (96)	
Light disturbance	Mean	6.55	7.47	0.021
	95% CI	5.94, 7.16	6.98, 7.96	
	SD (N)	2.94 (89)	2.44 (95)	

CI = Confidence Intervals

SD = Standard Deviation

Suppl Table 2: Adverse effects from using the intervention (n = 79)

Adverse effect	Number (%)
Uncomfortable earplugs	16
Uncomfortable eye mask	2
Feeling of confusion	1
Hearing own heartbeat when using the earplugs	1
Claustrophobia from the eye mask	1
Distortion of perceived time	1

Appendix 1

SleepSure Questionnaire

(1) Last night the depth of my sleep was:									
Very deep					Very light				
1	2	3	4	5	6	7	8	9	10
(2). Last night getting to sleep was:									
Very easy					Very difficult				
1	2	3	4	5	6	7	8	9	10
(3) Last night I woke from sleep:									
Not at all					A lot				
1	2	3	4	5	6	7	8	9	10
(4) Last night when I woke, getting back to sleep was:									
Very easy					Very difficult				
1	2	3	4	5	6	7	8	9	10
(5) Last night I slept:									
Not at all								All night	
1	2	3	4	5	6	7	8	9	10
(6) Last night overall my sleep was:									
Terrible								Excellent	
1	2	3	4	5	6	7	8	9	10
(7) Last night the noise level was:									

Not at all disrupting					Very disturbing				
1	2	3	4	5	6	7	8	9	10
(8) Last night the light level was:									
Not at all disrupting					Very disturbing				
1	2	3	4	5	6	7	8	9	10
(9) Last night to help me sleep I had the option to use:									
Circle all that apply									
Eye mask		Earplugs		Sleeping tablets			None of these		
(10) Last night to help me sleep I used:									
Circle all that apply									
Eye mask		Earplugs		Sleeping tablets			None of these		
Comments:									

Questions 1-5 - based upon the original five point Richards Campbell Sleep

Questionnaire Score (RCSQ)

Question 6 - used by many studies as an addition to the original five point RCSQ.

Question 7-8 - used to reflect the effectiveness of earplugs and eye masks mitigating noise and light disturbances.

Questions 9-10 - used to record availability and use of sleep aides.

Sleep Quality score = (sum questions one to eight)/8