

**Table S1: Baseline (t0) characteristics for all participants (n=57) and for Dropouts (n=24).** Statistical results of unpaired t-tests and the Mann-Whitney U-Test (#) are shown in the upper part of the table. Statistical results for the categorical data (chi-squared test and Fisher's exact test (§)) are shown in the lower part of the table.

Parameter (t0)	Total sample (N=81)		
	Study Participants (n=57)	Dropouts (n=24)	
	M ± SD	M ± SD	p
Age	40.9 ± 10.7	38.4 ± 13.9	0.328 <sup>#</sup>
BMI	26.2 ± 3.5	26.6 ± 4.1	0.788 <sup>#</sup>
PSQI-Score	7.6 ± 3.3	7.5 ± 3.3	0.708 <sup>#</sup>
ISI-Score	11.3 ± 5.3	10.8 ± 6.1	0.761
ESS-Score	9.7 ± 4.3	10.0 ± 3.8	0.729
PHQ-9-Score	5.2 ± 3.3	5.8 ± 5.2	0.848 <sup>#</sup>
PHQ-15-Score	5.6 ± 3.3	5.8 ± 4.1	0.950 <sup>#</sup>
	n (%)	n (%)	p
Male (%)	42 (73.7)	22 (91.7)	0.070
Soldiers (%)	41 (71.9)	20 (83.3)	0.277
PSQI Score >5 (%)	44 (77.2)	16 (66.7)	0.677
ISI Score >7 (%)	44 (77.2)	18 (75.0)	0.832
ESS Score >10 (%)	19 (33.3)	10 (41.7)	0.475
PHQ-9 Score ≥14 (%)	1 (1.8)	2 (8.3)	0.197 <sup>§</sup>
PHQ-15 Score ≥14 (%)	0 (0.0)	0 (0.0)	-

BMI = Body Mass Index, CG = Control Group, ESS = Epworth Sleepiness Scale, ISI = Insomnia Severity Index, M = mean, PHQ-9 = Patient Health Questionnaire for Depression, PHQ-15 = Patient Health Questionnaire for Somatic Symptoms, PSQI = Pittsburgh Sleep Quality Index, SD = standard deviation, TG = Treatment Group

<sup>#</sup> Mann-Whitney U test

<sup>§</sup>Fisher's exact test

**Table S2: Distribution of military ranks and levels of civil servants for treatment group (n=33) and control group (n=24).** Statistical result of the chi-squared test is shown for “low” (private, corporal, sergeant) vs. “high” (lieutenant, captain) ranks and of the Fisher’s exact test for “low” (case officer/administration secretary and civil servants middle level) vs. “high” (civil servants upper-middle level and upper levels) level.

	Study participants (N=57)			
	Treatment group (n=33)	Control group (n=24)	$\chi^2$ (df, n)	
Rank (solders)			TG	CG
Private (low)	5 (15.2%)	2 (8.3%)	9	7
Corporal (low)	0	1 (4.2%)		
Sergeant (low)	4 (12.1%)	4 (16.7%)		
Lieutenant (high)	12 (14.0%)	6 (25.0%)	18	7
Captain (high)	6 (18.2)	1 (4.2%)		
			1.076 (1, n=41) $p=0.300$	
	Treatment group (n=33)	Control group (n=24)	Fisher's exact test (n)	
Level (civil servants)			TG	CG
Case Officer or administration secretary (low)	2 (6.1%)	3 (12.5%)	3	4
Civil servants middle-level (low)	1 (3.0%)	1 (4.2)		
Civil servants upper-middle-level (high)	1 (3.0%)	4 (16.7%)	3	5
Civil servants upper-level (high)	2 (6.1%)	1 (4.2) 0		
Civil servant – not specified	0	1 (4.2)	(n=15) $p=1.000$	

**Table S3: Descriptive values of objective sleep parameters for three time-points (t0, t1, t2) for treatment and control groups separately:** Median, Interquartile range, and range of absolute values are shown.

Objective sleep parameter	t0		t1		t2	
	Median [IQR]	Range	Median [IQR]	Range	Median [IQR]	Range
<b>Time in Bed (min): TG</b>	433.1 [391.9; 494.6]	267.3 – 535.3	430.3 [361.6; 449.6]	299.3 – 492.0	414.3 [373.8; 451.9]	292.5 – 499.3
<b>Time in Bed (min): CG</b>	416.0 [399.9; 459.1]	325.0 – 483.0	430.1 [362.6; 459.1]	298.0 – 476.0	421.9 [374.9; 458.4]	356.0 – 472.8
<b>Sleep Latency (min): TG</b>	6.0 [4.6; 15.3]	1.3 – 24.0	6.4 [3.2; 11.3]	0.5 – 27.8	7.3 [2.1; 15.2]	0.8 – 43.0
<b>Sleep Latency (min): CG</b>	8.6 [3.1; 12.4]	2.3 – 23.0	6.8 [5.0; 10.3]	1.0 – 21.0	8.1 [4.0; 9.0]	2.0 – 12.8
<b>Latency to Persistent Sleep (min): TG</b>	10.6 [5.9; 20.4]	1.3 – 36.0	8.4 [4.3; 14.1]	0.5 – 41.8	8.9 [3.9; 17.7]	0.8 – 43.0
<b>Latency to Persistent Sleep (min): CG</b>	9.4 [5.5; 13.1]	2.5 – 24.8	7.6 [5.0; 10.5]	1.0 – 21.0	8.3 [4.0; 9.8]	2.0 – 15.0
<b>Stage R Latency (min): TG</b>	74.4 [62.4; 93.7]	56.5 – 171.3	81.8 [61.3; 107.2]	18.5 – 196.5	69.8 [57.9; 83.4]	11.5 – 146.8
<b>Stage R Latency (min): CG</b>	70.5 [61.1; 79.6]	42.5 – 110.5	62.1 [53.8 – 78.1]	28.3 – 91.3	64.5 [55.9; 69.1]	48.8 – 107.8
<b>Wake after Sleep Onset (min): TG</b>	20.6 [10.1; 41.1]	5.0 – 110.3	12.5 [8.4; 28.2]	2.5 – 166.0	13.4 [8.8; 29.3]	2.3 – 104.8
<b>Wake after Sleep Onset (min): CG</b>	23.4 [13.3; 37.3]	7.8 – 71.5	20.9 [13.3; 30.8]	3.0 – 53.5	17.6 [11.6; 32.6]	7.0 – 63.0
<b>Total Sleep Time (min): TG</b>	385.5 [322.1; 443.1]	246.5 – 489.5	368.3 [340.4; 423.3]	282.3 – 445.0	389.8 [344.6; 407.9]	260.5 – 449.5
<b>Total Sleep Time (min): CG</b>	388.6 [363.6; 407.8]	303.0 – 442.5	394.0 [339.1; 422.2]	273.0 – 446.8	381.3 [345.9; 437.6]	321.0 – 451.8
<b>Sleep Efficiency (% TST/TIB): TG</b>	93.3 [89.0; 95.6]	70.5 – 97.6	94.4 [89.8; 96.5]	60.9 – 99.3	94.3 [89.1; 96.4]	74.5 – 99.5
<b>Sleep Efficiency (% TST/TIB): CG</b>	92.3 [88.9; 95.3]	84.8 – 97.2	93.2 [91.6 – 94.2]	83.9 – 97.9	93.8 [90.8; 95.9]	83.7 – 97.1

CG = Control Group, IQR = interquartile range, R = Rapid Eye Movement Sleep, t0 = baseline, t1 = end of sleep health program of treatment group, t2 = end of sleep health program of control group, TG = Treatment Group, TST = Total Sleep Time, TIB = Time in Bed

**Table S4: Descriptive values of subjective sleep parameters for three time-points (t0, t1, t2) for treatment and control groups separately:** Median, Interquartile range, and range of absolute values are shown.

Subjective sleep parameter	t0		t1		t2	
	Median [IQR]	Range	Median [IQR]	Range	Median [IQR]	Range
<b>Time in Bed (min): TG</b>	432.5 [383.9; 490.6]	283.0 – 537.5	422.5 [368.8; 450.0]	316.5 – 465.0	419.0 [377.5; 455.6]	296.3 – 522.5
<b>Time in Bed (min): CG</b>	413.0 [369.4; 445.3]	356.5 – 485.5	444.0 [383.8; 459.5]	355.0 – 512.5	414.3 [370.6; 471.1]	364.0 – 675.0
<b>Sleep Latency (min): TG</b>	15.0 [10.0; 30.0]	0.0 - 70.0	8.0 [5.0; 14.4]	0.0 – 60.0	10.0 [5.0; 15.0]	0.0 – 23.5
<b>Sleep Latency (min): CG</b>	11.8 [6.6; 26.9]	0.0 – 82.5	12.5 [5.6; 15.0]	2.5 – 50.0	10.0 [5.0; 14.4]	0.0 – 42.5
<b>Wake after Sleep Onset (min): TG</b>	11.3 [3.8; 63.8]	0.0 – 315.0	10.0 [2.5; 28.8]	0.0 – 150.0	10.0 [2.8; 20.0]	0.0 – 105.0
<b>Wake after Sleep Onset (min): CG</b>	18.0 [4.6; 34.4]	0.0 – 122.5	13.8 [7.5; 34.4]	0.5 – 70.0	7.5 [0.3; 29.4]	0.0 – 90.0
<b>Total Sleep Time (min): TG</b>	372.5 [331.3; 420.0]	255.0 – 517.5	371.3 [346.3; 420.0]	240.0 – 480.0	391.5 [350; 431.3]	240.0 – 450.0
<b>Total Sleep Time (min): CG</b>	382.5 [333.8; 405.0]	255.0 – 465.0	382.5 [352.5; 427.5]	280.0 – 525.0	378.8 [360.0; 430.0]	300.0 – 562.5
<b>Sleep Efficiency (% TST/TIB): TG</b>	93.4 [79.3; 99.2]	51.4 -110.8	92.3 [85.7; 95.1]	70.1 – 105.4	93.2 [87.8; 98.9]	63.6 – 107.2
<b>Sleep Efficiency (% TST/TIB): CG</b>	90.6 [80.1; 98.7]	62.5 – 120.0	90.2 [84.5; 97.0]	69.5 – 109.3	93.3 [84.9; 98.3]	76.7 – 120.6
<b>Restfulness (1=very; 5=not at all): TG</b>	3.0 [2.6; 3.5]	2.0 – 4.5	3.0 [2.0; 3.4]	1.0 – 5.0	3.0 [2.0; 3.5]	1.0 – 4.5
<b>Restfulness (1=very; 5=not at all): CG</b>	3.0 [2.6; 3.5]	1.5 – 3.5	3.0 [2.6; 3.4]	2.5 – 4.0	2.8 [2.5; 3.5]	1.0 – 3.5

CG = Control Group, IQR = interquartile range, t0 = baseline, t1 = end of sleep health program of treatment group, t2 = end of sleep health program of control group, TG = Treatment Group, TST = Total Sleep Time, TIB = Time in Bed