

Appendix 6.3. Mean values for actigraphy-derived and imputed sleep variables, assessments of bias, and limits of agreement, for analysis with 10 days of data available per participant.

Method	TST (\pm SE)	Overall Bias (\pm SE)	t (p)	Cohen's d	Lower LoA	Upper LoA
Total Sleep Time (TST)						
Readiband data	425 \pm 8 min					
Diary \pm Bias	425 \pm 8 min	0	0 (1.00)	0	-1 hr 42 min	1 hr 42 min
Diary	456 \pm 8 min	32 \pm 7 min	4.34 (<0.001)***	0.74	-1 hr 19 min	2 hr 22 min
Proximity	421 \pm 8 min	-3 \pm 7 min	-0.44 (0.97)	-0.07	-3 hr 48 min	3 hr 42 min
WP Hot-Deck	423 \pm 8 min	-2 \pm 7 min	-0.21 (1.00)	-0.04	-3 hr 27 min	3 hr 23 min
BP Hot-Deck	427 \pm 8 min	3 \pm 7 min	-0.38 (0.98)	0.07	-4 hr 7 min	4 hr 12 min
Time at Sleep Onset (TASO)						
Readiband data	25:39 \pm 15min					
Diary \pm Bias	25:39 \pm 15min	0	0 (1.00)	0	-59 min	59 min
Diary	25:35 \pm 15min	-4 \pm 7 min	-0.53 (0.94)	-0.06	-1 hr 4 min	56 min
Proximity	25:46 \pm 15min	7 \pm 7 min	0.93 (0.78)	0.1	-3 hr 9 min	3 hr 22 min
WP Hot-Deck	25:41 \pm 15min	2 \pm 7 min	0.32 (0.98)	0.03	-3 hr 10 min	3 hr 15 min
BP Hot-Deck	25:31 \pm 15min	-8 \pm 7 min	-1.03 (0.72)	-0.11	-5 hr 6 min	4 hr 51 min
Time at Wake (TAW)						
Readiband data	33:13 \pm 15min					
Diary \pm Bias	33:13 \pm 15min	0	0 (1.00)	0	-1 hr 5 min	1 hr 5 min
Diary	33:11 \pm 15min	-2 \pm 7 min	-0.34 (0.98)	-0.03	-1 hr 5 min	1 hr
Proximity	33:15 \pm 15min	2 \pm 7 min	0.28 (0.99)	0.03	-2 hr 59 min	3 hr 3 min
WP Hot-Deck	33:12 \pm 15min	-1 \pm 7 min	-0.15 (1.00)	-0.01	-2 hr 57 min	2 hr 53 min
BP Hot-Deck	33:08 \pm 15min	5 \pm 7 min	-0.73 (0.87)	-0.07	-4 hr 50 min	4 hr 40 min

