**Supplementary Table**

*Post-study questionnaire responses across whole sample analysing acceptability of the Dreem 2 headband device and app*

|  |  |
| --- | --- |
| **Acceptability Measure**  | **No. Response Endorsed** |
| **Ease of using app during sleep study [*n* (%)]**Extremely easySomewhat easyNeither easy nor difficultSomewhat difficult Extremely difficult  | 10 (47.62)7 (33.33)1 (4.76)3 (14.29)0 (0.00) |
| **Comfort of headband while awake [*n* (%)]**Extremely comfortableSomewhat comfortableNeither uncomfortable nor uncomfortableSomewhat uncomfortableExtremely difficult  | 6 (28.57)10 (47.62)3 (14.29)2 (9.52)0 (0.00) |
| **Comfort of headband whilst attempting to sleep [*n* (%)]**Extremely comfortableSomewhat comfortableNeither uncomfortable nor uncomfortableSomewhat uncomfortable Extremely uncomfortable  | 4 (19.05)8 (38.10)3 (14.29)6 (28.57)0 (0.00) |
| **Extent to which headband disturbed sleep [*n* (%)]**A great dealA moderate amountA littleNone at all | 1 (4.76)5 (23.81)6 (28.57)9 (42.86) |
| **No. of nights headband removed due to disturbance or misplacement\***  | 1.38 (0.92) |
| **Headband Cause to Sleep in Different Position [*n* (%)]**Yes NoUnsure  | 2 (9.52)15 (71.43)4 (19.05) |
| **Willingness to wear headband longer than study requirements [*n* (%)]**NoYes, 1 more nightYes, 2 more nights or longer | 3 (14.29)3 (14.29)15 (71.43) |
| **Satisfaction with sleep study based on headband [*n* (%)]**Extremely satisfiedSomewhat satisfiedNeither satisfied nor dissatisfiedSomewhat dissatisfiedExtremely dissatisfied  | 9 (42.86)7 (33.33)4 (19.05)0 (0.00)1 (4.76) |

\*Values represent Mean (Standard Deviation)