

Supplementary Data

Supplementary Table S1. Intraclass Correlation Coefficients Between Zulu Watch and PSG

Summary Statistic	ICC	95% CI	Probability That ICC=0 ¹	Inter-Rater Reliability
TIB	0.46	0.00–0.92	p=0.02*	Poor
TST	0.50	0.12–0.76	p=0.004*	Moderate
SE	0.60	0.26–0.87	p≤0.001**	Moderate
Time of sleep onset	0.84	0.64–0.95	p≤0.001**	Good
Time of final awakening	0.83	0.61–0.95	p≤0.001**	Good

CI, confidence interval; ICC, intraclass correlation coefficient; SE, sleep efficiency; TIB, time in bed; TST, total sleep time.¹Significance for the probability that the coefficient is zero, implying no agreement; *p<0.05; **p≤0.001.

Supplementary Table S2. Intraclass Correlation Coefficients Between Zulu Watch and Actigraphy

Summary Statistic	ICC	95% CI	Probability That ICC=0 ¹	Inter-Rater Reliability
TIB	0.46	0.00–0.92	p=0.028*	Poor
TST	0.54	0.00–0.92	p=0.008*	Moderate
SE	0.51	0.06–0.81	p=0.011*	Moderate
Time of sleep onset	0.84	0.63–0.95	p≤0.001**	Good
Time of final awakening	0.84	0.62–0.96	p≤0.001**	Good

CI, confidence interval; ICC, intraclass correlation coefficient; SE, sleep efficiency; TIB, time in bed; TST, total sleep time.¹Significance for the probability that the coefficient is zero, implying no agreement; *p<0.05; **p≤0.001.