



Supplementary

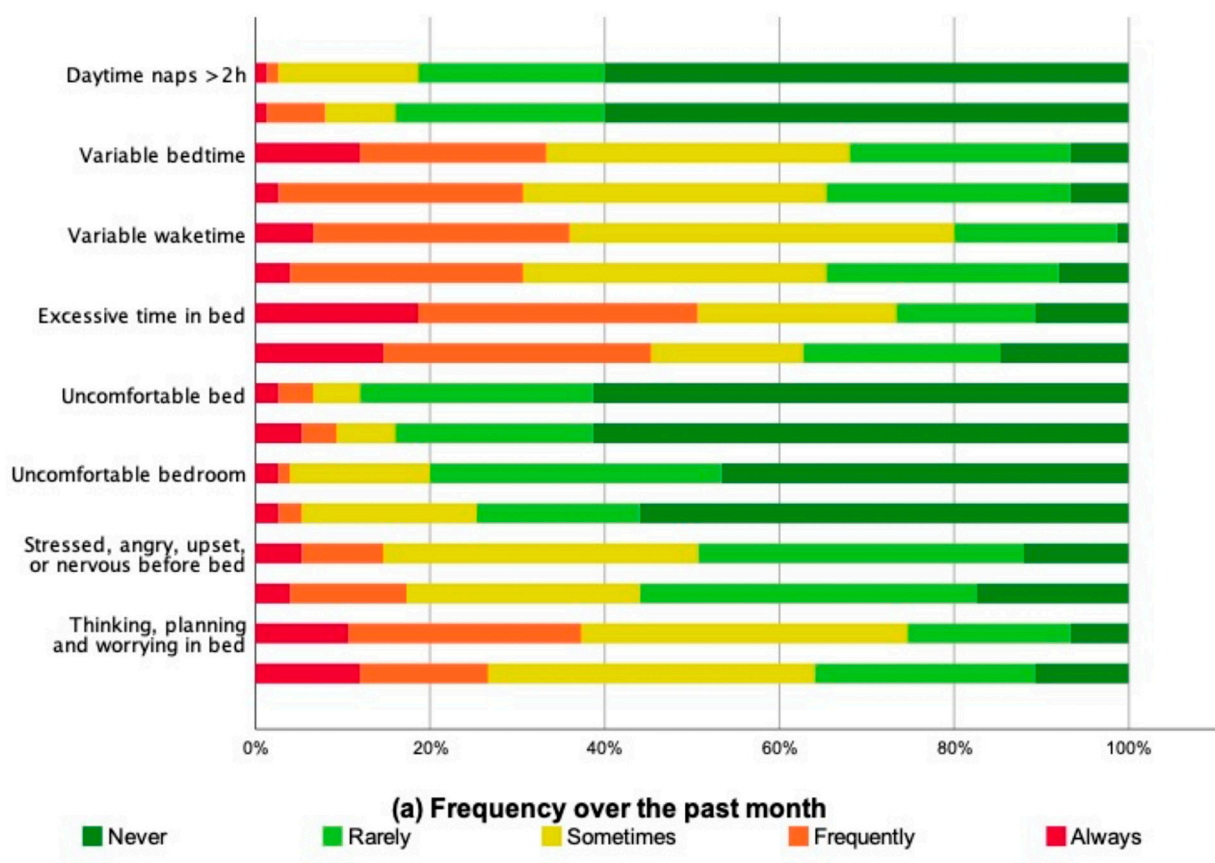


Figure S1. (a) Modified Sleep Hygiene Index. Proportion of students endorsing items on the modified Sleep Hygiene Index ($n = 75$) before and 6-months after completion of a sleep and circadian education course. For each pair of bars, the upper bar represents survey responses at baseline and the lower bar represents survey responses at 6-months follow-up.

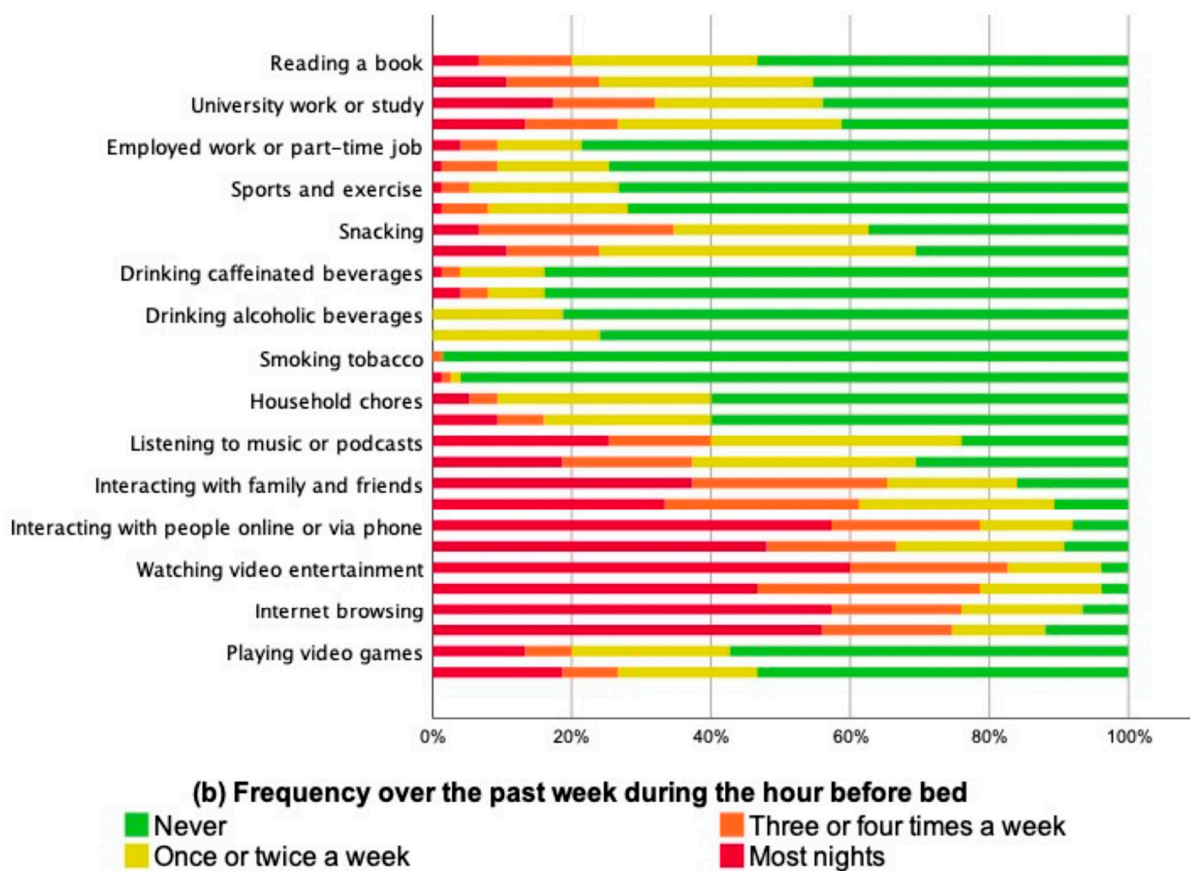


Figure S1. (b) Modified Pre-Bed Behaviour Questionnaire. Proportion of students endorsing items on the Pre-Bed Behaviour Questionnaire ($n = 75$) before and 6-months after completion of a sleep and circadian education course. For each pair of bars, the upper bar represents survey responses at baseline and the lower bar represents survey responses at 6-months follow-up.