

Table S1: Descriptive characteristics of the sleep and disease parameters comparing both nights

Item	First night	Second night	p-value
REM sleep in %			
mean \pm SD; range	3.9 \pm 3.2; 0 – 9.2	14.3 \pm 6.4; 8,4 – 26	0.0002
Slow wave sleep (N3) in %			
mean \pm SD; range	8.7 \pm 4.7; 0 – 15	12.3 \pm 5.1; 4.4 -19.2	0.1172
Sleep efficacy in %			
mean \pm SD; range	93.1 \pm 3.7; 84.3 – 97.3	94.2 \pm 3.9; 84.1 - 98.6	0.1202
Sleep latency in min.			
mean \pm SD; range	10.7 \pm 8.6; 1.5 – 31	5.4 \pm 6.1; 0 - 20.4	0.0217
Epworth Sleepiness Scale (ESS)			
mean \pm SD; range	11,5 \pm 4.2; 5.0 – 18	10.5 \pm 4.0; 4.0 –18	0.0319
Insomnia Severity Index (ISI)			
mean \pm SD; range	15.2 \pm 4.8; 6.0 – 23	12.3 \pm 3.4; 6.0 - 18	0.0349
Urticaria Control Test (UCT)			
			0.0007
mean \pm SD; range	3.8 \pm 2.7; 0 – 8	10.4 \pm 3.8; 5.0 – 16	
Dermatology Life Quality Index(DLQI)			
mean \pm SD; range	15.0 \pm 2.3; 13.0 – 21	6.0 \pm 2.6; 0 – 10	< 0.0001
Daytime pruritus on NAS			
mean \pm SD; range	6.0 \pm 2.6; 2.0 – 10	2.8 \pm 2.0; 0 – 6	0.0120
Nighttime pruritus on NAS			
mean \pm SD; range	2.9 \pm 2.2; 0 – 6	1.9 \pm 1.3; 0 – 4	0.1173