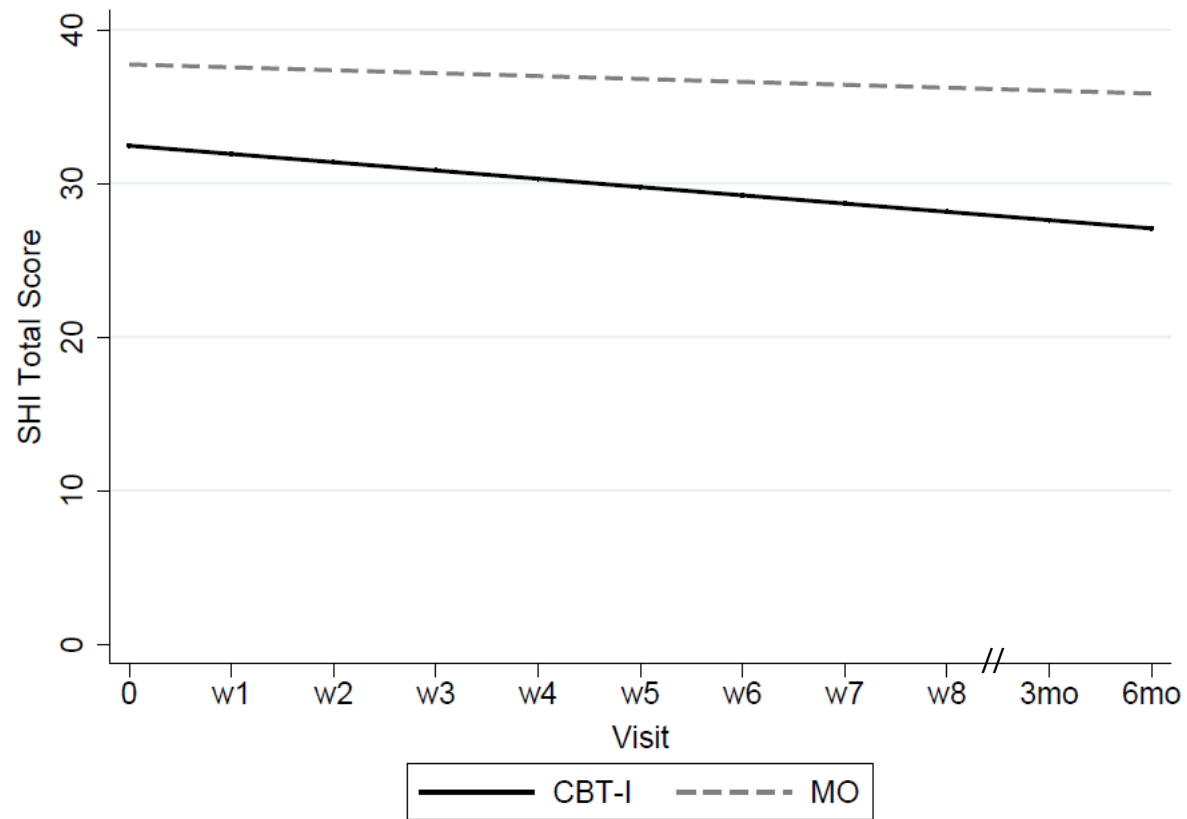
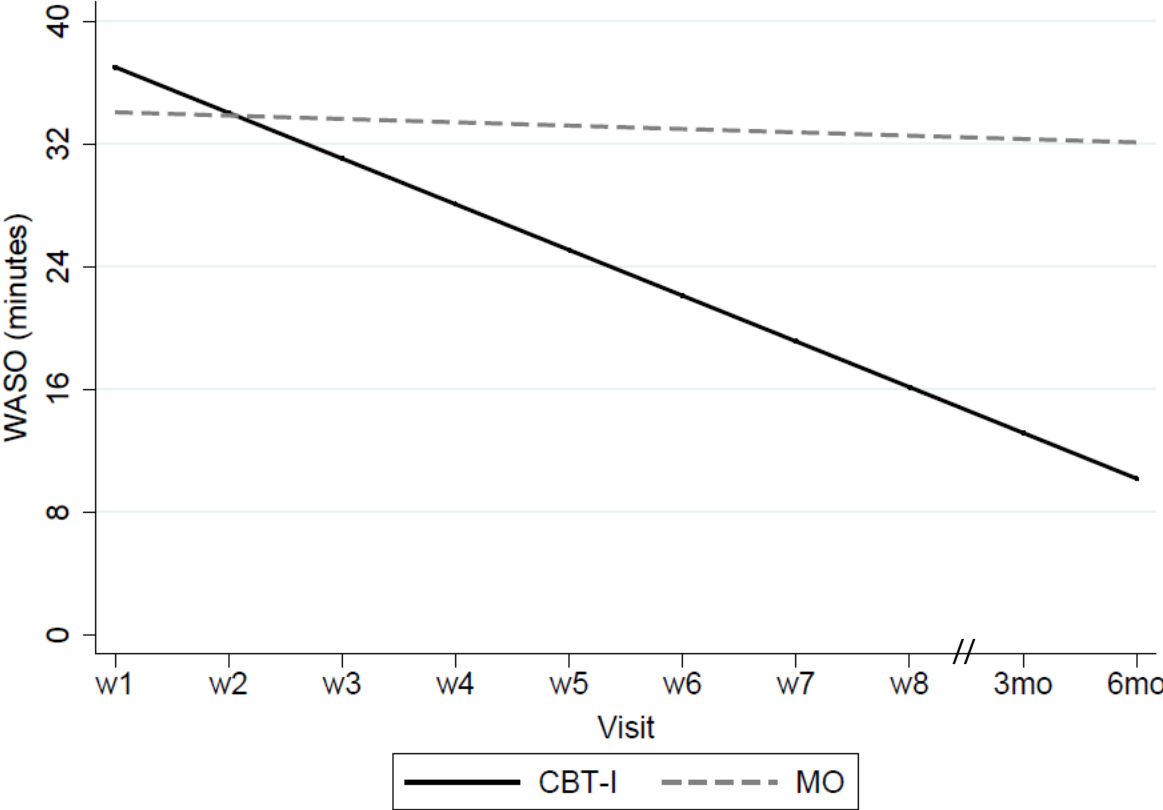


**Supplemental Figure 1.** Model-estimated changes in Sleep Hygiene Index total score over time by treatment arm



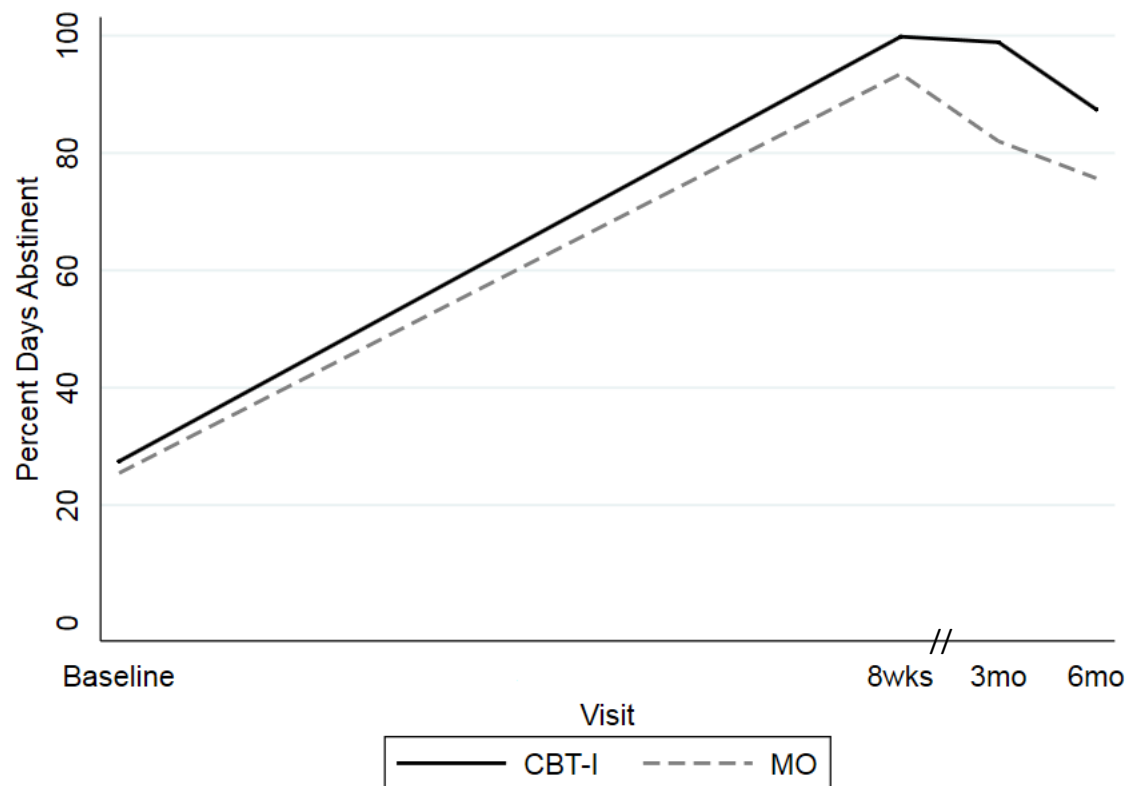
**Legend:** SHI = Sleep Hygiene Index total score; wk = treatment week number; 3 mo. = 3 month post-treatment follow-up visit; 6 mo. = 6-month post-treatment follow-up visit; model statistics of mixed effects maximum likelihood regression using independent covariance matrix and adjusted for Race; time:  $\beta = -0.1$ ,  $p=0.53$ ; treatment:  $\beta = -4.6$ ,  $p = 0.09$ ; treatment x time:  $\beta = -0.4$ ,  $p = 0.04$ ;

**Supplemental Figure 2.** Model-estimated changes in Wake After Sleep Onset (WASO) over time by treatment arm



**Legend:** WASO = Wake After Sleep Onset time (from sleep diaries); wk = treatment week number; 3 mo. = 3 month post-treatment follow-up visit; 6 mo. = 6- month post-treatment follow-up visit; model statistics of mixed effects maximum likelihood regression using unstructured covariance matrix and adjusted for Race; time:  $\beta = -0.2$ ,  $p=0.83$ ; treatment:  $\beta = 2.6$ ,  $p = 0.84$ ; treatment x time:  $\beta = -2.8$ ,  $p = 0.05$ .

**Supplemental Figure 3.** Model-estimated changes in Percent Days Abstinent (PDA) over time by treatment arm



**Legend:** wk = treatment week number; 3 mo. = 3 month post-treatment follow-up visit; 6 mo. = 6 month post-treatment follow-up visit; generalized estimating equation of the days abstinent, stipulating a Poisson distribution, natural log link function and an independent within-group correlation structure and adjusted for Race; time at 8 weeks:  $\beta = 1.3$ ,  $p < 0.0001$ ; time at 3 mo.:  $\beta = 1.1$ ,  $p < 0.0001$ ; time at 6 mo.:  $\beta = 1.08$ ,  $p < 0.0001$ ; treatment:  $\beta = 0.01$ ,  $p = 0.89$ ; treatment x time for CBT-I at 8 weeks:  $\beta = -0.01$ ,  $p = 0.91$ ; treatment x time for CBT-I at 3 mo:  $\beta = 0.1$ ,  $p = 0.26$ ; treatment x time for CBT-I at 6 mo.:  $\beta = 0.06$ ,  $p = 0.51$ .