Figure 1. Bland Altman plots for time spent in bed after the final awakening (TWAK); SASS to sleep diary (left) and SASS-Y to sleep diary (right)

Note. Bland Altman plot comparing agreement of either whole week (SASS; left) or split week (SASS-Y; right) measurement of time spent in bed after the final awakening (TWAK; in minutes) to sleep diary measurement of TWAK. The x-axis represents the mean between either SASS or SASS-Y TWAK and sleep diary TWAK, and the y-axis represents the difference between SASS or SASS-Y TWAK and sleep diary TWAK. Each point on the graph represents the data from one participant. The center line is the mean difference between the two measures, and the outer dashed lines are 95% CIs. On the y-axis, positive values indicate overestimation by the SASS or SASS-Y, and negative values represent underestimation by the SASS or SASS-Y. (The PSQI does not include equivalent measures of TWAK.)
Figure 2. Bland Altman plots for sleep onset latency (SOL); SASS to sleep diary (left), SASS-Y to sleep diary (middle), PSQI to sleep diary (right).

Note. Bland Altman plot comparing agreement of either whole week (SASS; left), split week (SASS-Y; middle) or Pittsburgh Sleep Quality Index (PSQI; right) measurement of sleep onset latency (SOL; in minutes) to sleep diary measurement of SOL. The x-axis represents the mean between SASS, SASS-Y, or PSQI SOL and sleep diary SOL, and the y-axis represents the difference between SASS, SASS-Y, or PSQI SOL and sleep diary SOL. Each point on the graph represents the data from one participant. The center line is the mean difference between the two measures, and the outer dashed lines are 95% CIs. On the y-axis, positive values indicate overestimation by the SASS, SASS-Y, or PSQI measures, and negative values represent underestimation by the SASS, SASS-Y, or PSQI measures.
Figure 3.

Bland Altman plots for wake after sleep onset (WASO); SASS to sleep diary (left) and SASS-Y to sleep diary (right)

Note. Bland Altman plot comparing agreement of either whole week (SASS; left) or split week (SASS-Y; right) measurement of wake after sleep onset (WASO in minutes) to sleep diary measurement of WASO. The x-axis represents the mean between either SASS or SASS-Y WASO and sleep diary WASO, and the y-axis represents the difference between SASS or SASS-Y WASO and sleep diary WASO. Each point on the graph represents the data from one participant. The center line is the mean difference between the two measures, and the outer dashed lines are 95% CIs. On the y-axis, positive values indicate overestimation by the SASS or SASS-Y, and negative values represent underestimation by the SASS or SASS-Y. (The PSQI does not include equivalent measures of WASO.)
Figure 4. Bland Altman plots for total sleep time (TST); SASS to sleep diary (left), SASS-Y to sleep diary (middle), PSQI to sleep diary (right)

Note. Bland Altman plot comparing agreement of either whole week (SASS; left), split week (SASS-Y; middle) or Pittsburgh Sleep Quality Index (PSQI; right) measurement of total sleep time (TST; in minutes) to sleep diary measurement of TST. The x-axis represents the mean between SASS, SASS-Y, or PSQI TST and sleep diary TST, and the y-axis represents the difference between SASS, SASS-Y, or PSQI TST and sleep diary TST. Each point on the graph represents the data from one participant. The center line is the mean difference between the two measures, and the outer dashed lines are 95% CIs. On the y-axis, positive values indicate overestimation by the SASS, SASS-Y, or PSQI measures, and negative values represent underestimation by the SASS, SASS-Y, or PSQI measures.
Figure 5. Bland Altman plots for sleep efficiency (SE); SASS to sleep diary (left), SASS-Y to sleep diary (middle), PSQI to sleep diary (right)

Note. Bland Altman plot comparing agreement of either whole week (SASS; left), split week (SASS-Y; middle) or Pittsburgh Sleep Quality Index (PSQI; right) measurement of sleep efficiency (SE; in minutes) to sleep diary measurement of SE. The x-axis represents the mean between SASS, SASS-Y, or PSQI SE and sleep diary SE, and the y-axis represents the difference between SASS, SASS-Y, or PSQI SE and sleep diary SE. Each point on the graph represents the data from one participant. The center line is the mean difference between the two measures, and the outer dashed lines are 95% CIs. On the y-axis, positive values indicate overestimation by the SASS, SASS-Y, or PSQI measures, and negative values represent underestimation by the SASS, SASS-Y, or PSQI measures.
Figure 6. Bland Altman plots for sleep quality (QUAL); SASS to sleep diary (left), SASS-Y to sleep diary (middle), PSQI to sleep diary (right)

Note. Bland Altman plot comparing agreement of either whole week (SASS; left), split week (SASS-Y; middle) or Pittsburgh Sleep Quality Index (PSQI; right) measurement of sleep quality to sleep diary measurement of QUAL. The x-axis represents the mean between SASS, SASS-Y, or PSQI QUAL and sleep diary QUAL, and the y-axis represents the difference between SASS, SASS-Y, or PSQI QUAL and sleep diary QUAL. Each point on the graph represents the data from one participant. The center line is the mean difference between the two measures, and the outer dashed lines are 95% CIs. On the y-axis, positive values indicate overestimation by the SASS, SASS-Y, or PSQI measures, and negative values represent underestimation by the SASS, SASS-Y, or PSQI measures.
Supplementary Material 1. Whole Week Self-Assessment of Sleep Survey (SASS)

**WHOLE WEEK SELF-ASSESSMENT OF SLEEP SURVEY (SASS)**

Please answer the following questions about your sleep *during the PREVIOUS WEEK*.

1. What time did you get into bed, on average? ________ AM/PM
2. What time did you try to go to sleep, on average? ________ AM/PM
3. How long did it take you to fall asleep, on average? ________ Hours and ________ Min.
4. How many times did you wake up, not counting your final awakening, on average? ________
5. How long did these awakenings last (in total), on average? ________ Hours and ________ Min.
6. What time was your final awakening, on average? ________ AM/PM
7. On average, what time did you get out of bed for the day? ________ AM/PM
8. How would you rate the average quality of your sleep? (Check one)
   - □ Very Poor □ Poor □ Fair □ Good □ Very Good
9. How long have you slept this way? ________ Year(s) ________ Month(s) ________ Week(s)

Adapted from Caney, Buxton, Assolli-Israel, Eilinger, Krysal, Lichstein, & Moria, (2012)
SPLIT WEEK SELF-ASSESSMENT OF SLEEP SURVEY (SASS-Y)

Please answer the following questions about your sleep on WEEKDAYS during the previous week (Sunday night through Friday morning)

1. What time did you get into bed, on average? ________________ AM/PM
2. What time did you try to go to sleep, on average? ________________ AM/PM
3. How long did it take you to fall asleep, on average? _________ Hours and _______ Min.
4. How many times did you wake up, not counting your final awakening, on average? ______
5. How long did these awakenings last (in total), on average? _________ Hours and _______ Min.
6. What time was your final awakening, on average? ________________ AM/PM
7. On average, what time did you get out of bed for the day? ________________ AM/PM
8. How would you rate the average quality of your sleep? (Check one)
   □ Very Poor □ Poor □ Fair □ Good □ Very Good
9. How long have you slept this way? _______ Year(s) _______ Month(s) _______ Week(s)

Please answer the following questions about your sleep on the WEEKEND during the previous week (Friday Night through Sunday Morning)

10. What time did you get into bed, on average? ________________ AM/PM
11. What time did you try to go to sleep, on average? ________________ AM/PM
12. How long did it take you to fall asleep, on average? _________ Hours and _______ Min.
13. How many times did you wake up, not counting your final awakening, on average? ______
14. How long did these awakenings last (in total), on average? _________ Hours and _______ Min.
15. What time was your final awakening, on average? ________________ AM/PM
16. On average, what time did you get out of bed for the day? ________________ AM/PM
17. How would you rate the average quality of your sleep? (Check one)
   □ Very Poor □ Poor □ Fair □ Good □ Very Good
18. How long have you slept this way? _______ Year(s) _______ Month(s) _______ Week(s)

Adapted from Canney, Dayse, Ancol-Izrael, Edinger, Krystal, Lichstein, & Morin. (2012)