# Tables and Figures

Table 1

*Recharge Program Content*

|  |  |  |
| --- | --- | --- |
| Session | Adolescent Session Content | Home task |
| Session 1 – All about Sleep | * Sleep Psychoeducation   + Stages of sleep   + Regulation of sleep   + Consequences of insufficient sleep * Sleep Circle – formulation of maintaining factors of sleep problems * Goal Setting | * Monitor sleep * Record 5 Sleep Stats from week 1 |
| Session 2 – Get Ready to Relax | * Rationale for relaxation * Relaxation Strategies   + Calm breathing   + Muscle Relaxation * Emotion Regulation Strategies   + Write it out (Pennebaker)   + Be in the moment (mindfulness) | * Monitor Sleep * Practice relaxation techniques * Practice emotion regulation strategies |
| Session 3 – Say Hello to Healthy Sleep | * My Sleep Analysis * Sleep Hygiene Strategies * Sleep Restriction and Stimulus Control Strategies * Identifying my sleep traps * Creating a sleep schedule and night-time routine * Sleep Trivia | * Monitor Sleep * Implement new sleep/night-time routine * Practice emotion regulation strategies |
| Session 4 – Mornings and Daytime | * Morning psychoeducation – sleep inertia, importance of consistent wake time * Creating a morning routine * Day time energy levels education and energy generator behavioural experiment * Sleep Trivia | * Monitor Sleep * Implement morning routine, maintain night-time routine * Practice emotion regulation strategies |
| Session 5 – Recharge Thinking | * Psychoeducation on thoughts – feelings – behaviour link * Unhelpful sleep related beliefs and general worries * Coping Statements * Worry Time | * Monitor Sleep * Make coping cards * Implement worry time * Monitor thoughts * Practice emotion regulation strategies |
| Session 6 – Rewire Your Thoughts | * Psychoeducation – thinking traps (cognitive distortions) * Spot the thinking trap game * Reality checking and rewiring your thoughts (cognitive restructuring) | * Monitor Sleep * Apply cognitive restructuring techniques to sleep-related beliefs and worries * Practice emotion regulation strategies |
| Session 7 – Recharge Recap | * Review of progress * Review of sleep science psychoeducation * Review of cognitive and behavioural strategies * Goal setting for future sleep, maintaining gains (relapse prevention) |  |
| Session | Adolescent Session Content | Home task | |
| Session 1 – All about Sleep | * Sleep Psychoeducation   + Stages of sleep   + Regulation of sleep   + Consequences of insufficient sleep * Sleep Circle – formulation of maintaining factors of sleep problems * Goal Setting | * Monitor sleep * Record 5 Sleep Stats from week 1 | |
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| Session 3 – Say Hello to Healthy Sleep | * My Sleep Analysis * Sleep Hygiene Strategies * Stimulus Control Strategies * Identifying my sleep traps * Creating a sleep schedule and night-time routine * Sleep Trivia | * Monitor Sleep * Implement new sleep/night-time routine | |
| Session 4 – Mornings and Daytime | * Morning psychoeducation – sleep inertia, importance of consistent wake time * Creating a morning routine * Day time energy levels education and energy generator behavioural experiment * Sleep Trivia | * Monitor Sleep * Implement morning routine (if required) maintain night-time routine | |
| Session 5 – Recharge Thinking | * Psychoeducation on thoughts – feelings – behaviour link * Unhelpful sleep related beliefs and general worries * Coping Statements * Worry Time | * Monitor Sleep * Make coping cards * Implement worry time * Monitor thoughts | |
| Session 6 – Rewire Your Thoughts | * Psychoeducation – thinking traps (cognitive distortions) * Spot the thinking trap game * Reality checking and rewiring your thoughts (cognitive restructuring) | * Monitor Sleep * Apply cognitive restructuring techniques to sleep-related beliefs and worries | |
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Table 2

*Scores and Reliable Change Indices on the ISI*

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|  | Pre | Post | RCI  Pre to Post | FU | RCI  Pre to Follow-Up |
| Alice | 12 | 5 | 2.35\* | 1 | 3.69\* |
| Candice | 15 | 3 | 4.02\* | 0 | 5.03\* |
| Sally | 16 | 6 | 3.35\* | 8 | 2.68\* |

*Note.* \* = RCI > 1.96, indicating reliable change occurred at 95% confidence.

Table 3

*Outcome data for Emotion Regulation on the ERQ-CA*

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
|  | Expressive Suppression  ( Population *M* = 10.18, *SD* = 2.97) | | | Cognitive Reappraisal  (Population *M* = 21.47, *SD* = 3.81) | | |
|  | Pre | Post | Follow-up | Pre | Post | Follow-up |
| Alice | 10 | 11 | 10 | 171 | 18 | 18 |
| Candice | 9 | 10 | 11 | 20 | 19 | 24 |
| Sally | 71 | 71 | 61 | 24 | 24 | 24 |

*Note.* 1 = Score fell below one standard deviation of the population mean.

Table 4

*Outcome Data for Quality of Life according to PedsQL 4.0 Subscales and Total Scale*

|  |  |  |  |
| --- | --- | --- | --- |
| Scale | Pre | Post | Follow-Up |
| Physical (MCID = 6.66; population *M* = 86.86; population *SD* = 13.88) | | | |
| Alice | 90.63 | 100\* | 100\* |
| Candice | 96.43 | 100 | 100 |
| Sally | 93.75 | 90.63 | 87.5 |
| Emotional (MCID = 8.94; population *M* = 78.21; population *SD* = 18.64) | | | |
| Alice | 90 | 75\* | 95 |
| Candice | 451 | 551\* | 70\* |
| Sally | 60 | 70\* | 70\* |
| Social (MCID = 8.36; population *M* = 84.04; population *SD* = 17.43) | | | |
| Alice | 100 | 100 | 100 |
| Candice | 95 | 100 | 100 |
| Sally | 80 | 85 | 75 |
| School (MCID = 9.12; population *M* = 79.92; population *SD* = 16.93) | | | |
| Alice | 95 | 90 | 90 |
| Candice | 501 | 80\* | 90\* |
| Sally | 70 | 85\* | 85\* |
| Total (MCID = 4.36; population *M* = 82.87; population *SD* = 13.16) | | | |
| Alice | 93.48 | 92.39 | 96.74 |
| Candice | 73.86 | 85.87\* | 92.39\* |
| Sally | 78.26 | 83.70\* | 80.43 |

*Note.* 1 = Score fell below one standard deviation of the population mean and represents at risk status of impaired health-related quality of life \* = Clinically meaningful change occurred from pre to post, or pre to follow-up, according to Minimal Clinically Important Difference (MCID; Varni et al., 2003).

Figure 1. Result of the Recharge program on sleep onset latency (minutes)

*Figure 2.* Total sleep time (hours)