

Supplemental Information

SUPPLEMENTAL TABLE 3 Session Content of the Brief Cognitive Behavioral Prevention Program for Insomnia

| Session | Topics | Activities |
|-----------|---|--|
| Session 1 | Overview of the program | Ice-breaking, knowing groupmates |
| | Psychoeducation about sleep and insomnia | PowerPoint presentation |
| | Formulating one's own sleep problems | Worksheet |
| Session 2 | Introduction of sleep log | Worksheet |
| | Sleep hygiene education | Review of sleep log |
| | Behavioral strategies (stimulus control, sleep restriction) | PowerPoint presentation |
| Session 3 | Importance of regular sleep-wake pattern | Video clips: case demonstration of poor sleep hygiene |
| | — | Group discussion on pros and cons of having a regular sleep schedule |
| | Cognitive restructuring | Review of sleep log |
| | Constructive worry strategies | PowerPoint presentation |
| | Identifying common thinking errors | Examples of sleep-related beliefs |
| Session 4 | Addressing bedtime rumination | Strategies to manage worries (worry worksheet) |
| | — | Group discussion and sharing different scenarios (eg, how to handle poor sleep associated within the examination period) |
| | Review of the program | Review of sleep log |
| | Stress management skills and coping skills | PowerPoint presentation |
| | Introduction of relaxation exercises | Identify possible sources of stress |
| | — | Discuss ways to handle the stress |
| | — | Progressive muscle relaxation exercise |
| | — | Quiz |

—, not applicable.