

Screening for patient eligibility as per inclusion criteria and PSQI

Eligible patients

Patients excluded for not fulfilling criteria
Patients eligible but unwilling to take part

Study Patients
Pre-CBT-PMP
Assessment: Subjective & objective measures
Patients wear Actiwatch for 7 days

Waiting List Control Patients
Assessment: Subjective & objective measures
Patients wear Actiwatch for 7 days

Study Patients
Participate in 4 week CBT-PMP
Repeat assessment tools
Wear Actiwatch for 7 days

3-Month Follow Up
Repeat assessment tools
wear Actiwatch for 7 days

3 Month Follow-Up
Repeat assessment tools
Wear Actiwatch for 7 days