

EASED trial - version 232.71

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1. Days 0-2 - Screening

Number	Question	Answers
1.1	Informed consent EASED <i>Field type:</i> Radiobutton <i>Variable name:</i> Consent_EASED <i>Field required:</i> Required <i>Option group name:</i> Yes/No	<input type="radio"/> Yes <input type="radio"/> No
1.2	General consent <i>Field type:</i> Radiobutton <i>Variable name:</i> Consent_General <i>Field required:</i> Required <i>Option group name:</i> Yes/No	<input type="radio"/> Yes <input type="radio"/> No
1.3	Psychosomatic in-patient <i>Field type:</i> Radiobutton <i>Variable name:</i> PS_Reha <i>Field required:</i> Not required <i>Option group name:</i> Yes/No	<input type="radio"/> Yes <input type="radio"/> No
1.4	Age <i>Field type:</i> Numeric field <i>Variable name:</i> Age <i>Field required:</i> Not required <i>Field min:</i> 18.00 <i>Field max:</i> 100.00 <i>Measurement Unit:</i> years	<input type="text"/> years
1.5	Primary diagnosis of depression <i>Notice shown if field's value is equal to Yes: 'Cave: main diagnosis may NOT be F32.3 or F33.3'</i> <i>Field type:</i> Radiobutton <i>Variable name:</i> Prim_Diag_Depr <i>Field required:</i> Not required <i>Option group name:</i> Yes/No	<input type="radio"/> Yes <input type="radio"/> No
1.6	Use of hypnotics in last 2 weeks <i>Field type:</i> Radiobutton <i>Variable name:</i> Hypnotics <i>Field required:</i> Not required <i>Option group name:</i> Yes/No	<input type="radio"/> Yes <input type="radio"/> No
1.7	Exercise contraindication <i>Field type:</i> Radiobutton <i>Variable name:</i> Exercise_contraindication <i>Field required:</i> Not required <i>Option group name:</i> Yes/No	<input type="radio"/> Yes <input type="radio"/> No

1.8	Use of beta-blockers (with the exception of Carvedilol & Nebivolol) <i>Field type:</i> Radiobutton <i>Variable name:</i> Beta_blockers <i>Field required:</i> Not required <i>Option group name:</i> Yes/No	<input type="radio"/> Yes <input type="radio"/> No
1.9	Use of opioids <i>Field type:</i> Radiobutton <i>Variable name:</i> Opioids <i>Field required:</i> Not required <i>Option group name:</i> Yes/No	<input type="radio"/> Yes <input type="radio"/> No
1.10	History of epilepsy <i>Field type:</i> Radiobutton <i>Variable name:</i> Epilepsy <i>Field required:</i> Not required <i>Option group name:</i> Yes/No	<input type="radio"/> Yes <input type="radio"/> No
1.11	RLS screening questionnaire score <i>Field type:</i> Calculation <i>Variable name:</i> RLSSQ_score <i>Field required:</i> Not required <i>Field min:</i> 0.00 <i>Field max:</i> 10.00	
1.12	Body mass index <i>Field type:</i> Numeric field <i>Variable name:</i> BMI <i>Field required:</i> Not required <i>Field min:</i> 0.00 <i>Field max:</i> 50.00	<input type="text"/>
1.13	Preliminary inclusion, pending oxygen desaturation index <i>Exclude patient if field's value is equal to Exclusion with message: 'The patient is excluded form the study'</i> <i>Field type:</i> Calculation <i>Variable name:</i> Preliminary_inclusion <i>Field required:</i> Not required <i>Field min:</i> 0.00 <i>Field max:</i> 50.00	
1.13.1	<i>If 'Preliminary inclusion, pending oxygen desaturation index' is equal to 'Preliminary inclusion' answer this question:</i> Oxygen desaturation index, baseline <i>Field type:</i> Calculation <i>Variable name:</i> ODI_screening <i>Field required:</i> Not required <i>Field min:</i> 0.00 <i>Field max:</i> 50.00	

1.13.2 ***If 'Preliminary inclusion, pending oxygen desaturation index' is equal to 'Preliminary inclusion' answer this question:***

Definitive inclusion

Exclude patient if field's value is equal to Exclusion with message: 'This patient is excluded from the study'

Field type: Calculation

Variable name: Definitive_inclusion

Field required: Not required

Field min: 0.00

Field max: 50.00

2. Days 0-2 - Graded exercise test

Number	Question	Answers
2.1	Polar watch used for test SM06: forschung@oberwaid.ch & Tadc93kW SM07: gavin.brupbacher@oberwaid.ch & Loka75zY V800 (Oberwaid) : sport@oberwaid.ch & OberwaidSport <i>Field type:</i> Dropdown <i>Variable name:</i> Polar_test <i>Field required:</i> Required <i>Field min:</i> 0.00 <i>Field max:</i> 220.00 <i>Measurement Unit:</i> beats per min <i>Option group name:</i> Polar watch name	<input type="radio"/> SM06 <input type="radio"/> SM07 <input type="radio"/> V800 Oberwaid
2.2	Watt at 80% of individual anaerobic threshold <i>Field type:</i> Numeric field <i>Variable name:</i> Watt_80IAS <i>Field required:</i> Required <i>Field min:</i> 0.00 <i>Field max:</i> 400.00 <i>Measurement Unit:</i> Watt	<input type="text"/> Watt
2.3	Expected heart rate at 80% IAS <i>Field type:</i> Numeric field <i>Variable name:</i> Expected_HR_80IAS <i>Field required:</i> Required <i>Field min:</i> 40.00 <i>Field max:</i> 220.00 <i>Measurement Unit:</i> beats per min	<input type="text"/> beats per min
2.4	Expected rate of perceived exertion at 80% IAS <i>Field type:</i> Numeric field <i>Variable name:</i> Expected_RPE_80IAS <i>Field required:</i> Required <i>Field min:</i> 6.00 <i>Field max:</i> 20.00	<input type="text"/>
2.5	Test_termination <i>Field type:</i> Radiobutton <i>Variable name:</i> Test_termination <i>Field required:</i> Not required <i>Field min:</i> 0.00 <i>Field max:</i> 400.00 <i>Measurement Unit:</i> Watt <i>Option group name:</i> Yes/No	<input type="radio"/> Yes <input type="radio"/> No
2.5.1	If 'Test_termination' is equal to 'Yes' answer this question: Reason for test termination <i>Field type:</i> Multiline Textfield <i>Variable name:</i> Test_termination_reason <i>Field required:</i> Not required	<input type="text"/>

3. Day 3 - Background variables

Number	Question	Answers
3.1	Sex <i>Field type:</i> Calculation <i>Variable name:</i> Sex <i>Field required:</i> Not required	
3.2	Smoker status <i>Field type:</i> Calculation <i>Variable name:</i> Smoker_status <i>Field required:</i> Not required	
3.2.1	<i>If 'Smoker status' is equal to '1' answer this question:</i> Packyears of those who stopped smoking <i>Field type:</i> Calculation <i>Variable name:</i> Packyears_previous <i>Field required:</i> Not required <i>Measurement Unit:</i> packyears	
3.2.2	<i>If 'Smoker status' is equal to '2' answer this question:</i> Packyears of current smokers <i>Field type:</i> Calculation <i>Variable name:</i> Packyears_current_1 <i>Field required:</i> Not required <i>Measurement Unit:</i> packyears	
3.3	Alcohol consumption <i>Field type:</i> Calculation <i>Variable name:</i> Alcohol <i>Field required:</i> Not required	
3.4	Credibility <i>Field type:</i> Calculation <i>Variable name:</i> Credibility <i>Field required:</i> Not required	
3.5	Expectancy <i>Field type:</i> Calculation <i>Variable name:</i> Expectancy <i>Field required:</i> Not required	

4. Day 3 - PHQ-9

Number	Question	Answers
4.1	Patient Health Questionnaire (PHQ-9) score <i>Field type:</i> Calculation <i>Variable name:</i> PHQ9 <i>Field required:</i> Not required <i>Field min:</i> 0.00 <i>Field max:</i> 27.00	

5. Day 3 - HADS

Number	Question	Answers
5.1	Hospital Anxiety & Depression Questionnaire (HADS) depression score <i>Field type:</i> Calculation <i>Variable name:</i> HADS_depression <i>Field required:</i> Not required <i>Field min:</i> 0.00 <i>Field max:</i> 21.00	
5.2	Hospital Anxiety & Depression Questionnaire (HADS) anxiety score <i>Field type:</i> Calculation <i>Variable name:</i> HADS_anxiety <i>Field required:</i> Not required <i>Field min:</i> 0.00 <i>Field max:</i> 21.00	
5.3	Hospital Anxiety & Depression Questionnaire (HADS) sum score <i>Field type:</i> Calculation <i>Variable name:</i> HADS_sum <i>Field required:</i> Not required <i>Field min:</i> 0.00 <i>Field max:</i> 21.00	

6. Day 3 - PSS-10

Number	Question	Answers
6.1	<p>Perceived Stress Scale (PSS-10)</p> <p><i>Field type:</i> Calculation</p> <p><i>Variable name:</i> PSS10</p> <p><i>Field required:</i> Not required</p> <p><i>Field min:</i> 0.00</p> <p><i>Field max:</i> 40.00</p>	

7. Day 3 - PHQ-15

Number	Question	Answers
7.1	Patient Health Questionnaire (PHQ-15) <i>Field type:</i> Calculation <i>Variable name:</i> PHQ15 <i>Field required:</i> Not required <i>Field min:</i> 0.00 <i>Field max:</i> 30.00	

8. Day 3 - CIRS

Number	Question	Answers
8.1	<p>Cumulative Illness Rating Scale (CIRS)</p> <p><i>Field type:</i> Calculation</p> <p><i>Variable name:</i> CIRS</p> <p><i>Field required:</i> Not required</p> <p><i>Field min:</i> 0.00</p> <p><i>Field max:</i> 56.00</p>	

9. Day 3 - ESS

Number	Question	Answers
9.1	Epworth Sleepiness Scale (ESS) <i>Field type:</i> Calculation <i>Variable name:</i> ESS <i>Field required:</i> Not required <i>Field min:</i> 0.00 <i>Field max:</i> 24.00	

10. Day 3 - PSQI

Number	Question	Answers
10.1	PSQI component 1: subjective sleep quality <i>Field type:</i> Calculation <i>Variable name:</i> PSQI_comp_1 <i>Field required:</i> Not required	
10.2	PSQI component 2: sleep latency <i>Field type:</i> Calculation <i>Variable name:</i> PSQI_comp_2 <i>Field required:</i> Not required	
10.3	PSQI component 3: sleep duration <i>Field type:</i> Calculation <i>Variable name:</i> PSQI_comp_3 <i>Field required:</i> Not required	
10.4	PSQI component 4 calculation <i>Field type:</i> Calculation <i>Variable name:</i> PSQI_comp_4calc <i>Field required:</i> Not required	
10.5	PSQI component 4: sleep efficacy <i>Field type:</i> Calculation <i>Variable name:</i> PSQI_comp_4 <i>Field required:</i> Not required	
10.6	PSQI component 5 calculation <i>Field type:</i> Calculation <i>Variable name:</i> PSQI_comp_5calc <i>Field required:</i> Not required	
10.7	PSQI component 5: sleep disturbances <i>Field type:</i> Calculation <i>Variable name:</i> PSQI_comp_5 <i>Field required:</i> Not required	
10.8	PSQI component 6: use of sleeping medication <i>Field type:</i> Calculation <i>Variable name:</i> PSQI_comp_6 <i>Field required:</i> Not required	
10.9	PSQI component 7: daytime dysfunction <i>Field type:</i> Calculation <i>Variable name:</i> PSQI_comp_7 <i>Field required:</i> Not required	
10.10	Pittsburgh Sleep Quality index (PSQI) <i>Field type:</i> Calculation <i>Variable name:</i> PSQI <i>Field required:</i> Not required <i>Field min:</i> 0.00 <i>Field max:</i> 21.00	

11. Day 3 - DBAS-16

Number	Question	Answers
11.1	Dysfunctional beliefs & attitudes about sleep scale (DBAS-16) consequences <i>Field type:</i> Calculation <i>Variable name:</i> DBAS16_cons <i>Field required:</i> Not required <i>Field min:</i> 0.00 <i>Field max:</i> 10.00	
11.2	Dysfunctional beliefs & attitudes about sleep scale (DBAS-16) worry <i>Field type:</i> Calculation <i>Variable name:</i> DBAS16_worry <i>Field required:</i> Not required <i>Field min:</i> 0.00 <i>Field max:</i> 10.00	
11.3	Dysfunctional beliefs & attitudes about sleep scale (DBAS-16) expectations <i>Field type:</i> Calculation <i>Variable name:</i> DBAS16_expect <i>Field required:</i> Not required <i>Field min:</i> 0.00 <i>Field max:</i> 10.00	
11.4	Dysfunctional beliefs & attitudes about sleep scale (DBAS-16) medication <i>Field type:</i> Calculation <i>Variable name:</i> DBAS16_med <i>Field required:</i> Not required <i>Field min:</i> 0.00 <i>Field max:</i> 10.00	
11.5	Dysfunctional beliefs & attitudes about sleep scale (DBAS-16) sum score <i>Field type:</i> Calculation <i>Variable name:</i> DBAS16_sum <i>Field required:</i> Not required <i>Field min:</i> 0.00 <i>Field max:</i> 10.00	

12. Day 3 - MEQ

Number	Question	Answers
12.1	<p>Morningness-Eveningness Questionnaire (MEQ)</p> <p><i>Field type:</i> Calculation</p> <p><i>Variable name:</i> MEQ</p> <p><i>Field required:</i> Not required</p> <p><i>Field min:</i> 16.00</p> <p><i>Field max:</i> 86.00</p>	

13. Day 3 - FIRST

Number	Question	Answers
13.1	Ford Insomnia Response to Stress sum score <i>Field type:</i> Calculation <i>Variable name:</i> FIRST_score <i>Field required:</i> Not required	

14. Day 3 - Blood pressure

Number	Question	Answers
14.1	Systolic blood pressure day 3, measurement 1 <i>Field type:</i> Numeric field <i>Variable name:</i> Syst_BP_day_3_1 <i>Field required:</i> Required <i>Field min:</i> 50.00 <i>Field max:</i> 240.00 <i>Measurement Unit:</i> mmHg	<input type="text"/> mmHg
14.2	Diastolic blood pressure day 3, measurement 1 <i>Field type:</i> Numeric field <i>Variable name:</i> Dia_BP_day_3_1 <i>Field required:</i> Required <i>Field min:</i> 20.00 <i>Field max:</i> 170.00 <i>Measurement Unit:</i> mmHg	<input type="text"/> mmHg
14.3	Systolic blood pressure day 3, measurement 2 <i>Field type:</i> Numeric field <i>Variable name:</i> Syst_BP_day_3_2 <i>Field required:</i> Required <i>Field min:</i> 50.00 <i>Field max:</i> 240.00 <i>Measurement Unit:</i> mmHg	<input type="text"/> mmHg
14.4	Diastolic blood pressure day 3, measurement 2 <i>Field type:</i> Numeric field <i>Variable name:</i> Dia_BP_day_3_2 <i>Field required:</i> Required <i>Field min:</i> 20.00 <i>Field max:</i> 170.00 <i>Measurement Unit:</i> mmHg	<input type="text"/> mmHg
14.5	Systolic blood pressure day 3, average of measurement 1 & 2 <i>Field type:</i> Calculation <i>Variable name:</i> Syst_BP_day_3 <i>Field required:</i> Not required <i>Field min:</i> 50.00 <i>Field max:</i> 240.00 <i>Measurement Unit:</i> mmHg	
14.6	Diastolic blood pressure day 3, average of measurement 1 & 2 <i>Field type:</i> Calculation <i>Variable name:</i> Dia_BP_day_3 <i>Field required:</i> Not required <i>Field min:</i> 20.00 <i>Field max:</i> 170.00 <i>Measurement Unit:</i> mmHg	

14.7 Diastolic blood pressure day 3
Field type: Calculation
Variable name: MAP_day_3
Field required: Not required
Field min: 20.00
Field max: 170.00
Measurement Unit: mmHg

15. Baseline - Polysomnography, sleep assesment 1

Number	Question	Answers
15.1	Date of baseline polysomnography <i>Field type:</i> Date <i>Variable name:</i> Date_PSG_1 <i>Field required:</i> Required <i>Measurement Unit:</i> min	<input type="text"/> <input type="text"/> <input type="text"/> (dd-mm-yyyy)
15.2	Sleep stage artefact duration <i>Field type:</i> Numeric field <i>Variable name:</i> Sleep_artefact_min_1 <i>Field required:</i> Required <i>Measurement Unit:</i> min	<input type="text"/> min
15.3	Sleep stage artefact % total recording time <i>Field type:</i> Numeric field <i>Variable name:</i> Sleep_artefact_TRT_1 <i>Field required:</i> Required <i>Measurement Unit:</i> %	<input type="text"/> %
15.4	Total recording time (TRT) night 1 <i>Field type:</i> Numeric field <i>Variable name:</i> TRT_1 <i>Field required:</i> Required <i>Measurement Unit:</i> min	<input type="text"/> min
15.5	Total sleep time (TST) night 1 <i>Field type:</i> Numeric field <i>Variable name:</i> TST_1 <i>Field required:</i> Required <i>Measurement Unit:</i> min	<input type="text"/> min
15.6	Sleep onset latency (SOL) night 1 <i>Field type:</i> Numeric field <i>Variable name:</i> SOL_1 <i>Field required:</i> Required <i>Measurement Unit:</i> min	<input type="text"/> min
15.7	Wake after sleep onset (WASO) night 1 <i>Field type:</i> Numeric field <i>Variable name:</i> WASO_1 <i>Field required:</i> Required <i>Measurement Unit:</i> min	<input type="text"/> min
15.8	Number of awakenings (NA) night 1 <i>Field type:</i> Numeric field <i>Variable name:</i> NA_1 <i>Field required:</i> Required	<input type="text"/>
15.9	Sleep efficiency 1 (SE) night 1 <i>Field type:</i> Numeric field <i>Variable name:</i> SE_1 <i>Field required:</i> Required <i>Field min:</i> 0.00 <i>Field max:</i> 100.00 <i>Measurement Unit:</i> %	<input type="text"/> %

15.10	Wake min night 1 <i>Field type:</i> Numeric field <i>Variable name:</i> Wake_min_1 <i>Field required:</i> Required <i>Measurement Unit:</i> min	<input type="text"/>	min
15.11	Wake %TRT night 1 <i>Field type:</i> Numeric field <i>Variable name:</i> Wake_TRT_1 <i>Field required:</i> Required <i>Field min:</i> 0.00 <i>Field max:</i> 100.00 <i>Measurement Unit:</i> %	<input type="text"/>	%
15.12	N1 min night 1 <i>Field type:</i> Numeric field <i>Variable name:</i> N1_min_1 <i>Field required:</i> Required <i>Measurement Unit:</i> min	<input type="text"/>	min
15.13	N1 %TRT night 1 <i>Field type:</i> Numeric field <i>Variable name:</i> N1_TRT_1 <i>Field required:</i> Required <i>Field min:</i> 0.00 <i>Field max:</i> 100.00 <i>Measurement Unit:</i> %	<input type="text"/>	%
15.14	N1 %TST night 1 <i>Field type:</i> Calculation <i>Variable name:</i> N1_TST_1 <i>Field required:</i> Not required <i>Field min:</i> 0.00 <i>Field max:</i> 100.00 <i>Measurement Unit:</i> %		
15.15	N2 min night 1 <i>Field type:</i> Numeric field <i>Variable name:</i> N2_min_1 <i>Field required:</i> Required <i>Measurement Unit:</i> min	<input type="text"/>	min
15.16	N2 %TRT night 1 <i>Field type:</i> Numeric field <i>Variable name:</i> N2_TRT_1 <i>Field required:</i> Required <i>Field min:</i> 0.00 <i>Field max:</i> 100.00 <i>Measurement Unit:</i> %	<input type="text"/>	%
15.17	N2 %TST night 1 <i>Field type:</i> Calculation <i>Variable name:</i> N2_TST_1 <i>Field required:</i> Not required <i>Field min:</i> 0.00 <i>Field max:</i> 100.00 <i>Measurement Unit:</i> %		

15.18	N3 min night 1 <i>Field type:</i> Numeric field <i>Variable name:</i> N3_min_1 <i>Field required:</i> Required <i>Measurement Unit:</i> min	<input type="text"/>	min
15.19	N3 %TRT night 1 <i>Field type:</i> Numeric field <i>Variable name:</i> N3_TRT_1 <i>Field required:</i> Required <i>Field min:</i> 0.00 <i>Field max:</i> 100.00 <i>Measurement Unit:</i> %	<input type="text"/>	%
15.20	N3 %total sleep time night 1 <i>Field type:</i> Calculation <i>Variable name:</i> N3_TST_1 <i>Field required:</i> Not required <i>Field min:</i> 0.00 <i>Field max:</i> 100.00 <i>Measurement Unit:</i> %		
15.21	Light Sleep min night 1 <i>Field type:</i> Calculation <i>Variable name:</i> LS_min_1 <i>Field required:</i> Not required <i>Measurement Unit:</i> min		
15.22	Light Sleep %TST night 1 <i>Field type:</i> Calculation <i>Variable name:</i> LS_TST_1 <i>Field required:</i> Not required <i>Field min:</i> 0.00 <i>Field max:</i> 100.00 <i>Measurement Unit:</i> %		
15.23	Slow wave sleep (SWS) min night 1 <i>Field type:</i> Numeric field <i>Variable name:</i> SWS_min_1 <i>Field required:</i> Required <i>Measurement Unit:</i> min	<input type="text"/>	min
15.24	Slow wave sleep (SWS) %TRT night 1 <i>Field type:</i> Numeric field <i>Variable name:</i> SWS_TRT_1 <i>Field required:</i> Required <i>Field min:</i> 0.00 <i>Field max:</i> 100.00 <i>Measurement Unit:</i> %	<input type="text"/>	%
15.25	Slow wave sleep (SWS) %TST night 1 <i>Field type:</i> Calculation <i>Variable name:</i> SWS_TST_1 <i>Field required:</i> Not required <i>Field min:</i> 0.00 <i>Field max:</i> 100.00 <i>Measurement Unit:</i> %		

15.26	NREM (non-REM) sleep min night 1 <i>Field type:</i> Numeric field <i>Variable name:</i> NREM_min_1 <i>Field required:</i> Required <i>Measurement Unit:</i> min	<input type="text"/>	min
15.27	NREM (non-REM) sleep %TRT night 1 <i>Field type:</i> Numeric field <i>Variable name:</i> NREM_TRT_1 <i>Field required:</i> Required <i>Field min:</i> 0.00 <i>Field max:</i> 100.00 <i>Measurement Unit:</i> %	<input type="text"/>	%
15.28	NREM (non-REM) sleep %TST night 1 <i>Field type:</i> Calculation <i>Variable name:</i> NREM_TST_1 <i>Field required:</i> Not required <i>Field min:</i> 0.00 <i>Field max:</i> 100.00 <i>Measurement Unit:</i> %		
15.29	REM min night 1 <i>Field type:</i> Numeric field <i>Variable name:</i> REM_min_1 <i>Field required:</i> Required <i>Measurement Unit:</i> min	<input type="text"/>	min
15.30	REM % TRT night 1 <i>Field type:</i> Numeric field <i>Variable name:</i> REM_TRT_1 <i>Field required:</i> Required <i>Field min:</i> 0.00 <i>Field max:</i> 100.00 <i>Measurement Unit:</i> %	<input type="text"/>	%
15.31	REM % total sleep time night 1 <i>Field type:</i> Calculation <i>Variable name:</i> REM_TST_1 <i>Field required:</i> Not required <i>Field min:</i> 0.00 <i>Field max:</i> 100.00 <i>Measurement Unit:</i> %		
15.32	REMLAT min night 1 <i>Field type:</i> Numeric field <i>Variable name:</i> REMLAT_min_1 <i>Field required:</i> Required <i>Measurement Unit:</i> min	<input type="text"/>	min
15.33	Stage shift index night 1 <i>Field type:</i> Numeric field <i>Variable name:</i> SSI_1 <i>Field required:</i> Required	<input type="text"/>	
15.34	Oxygen saturation artefact duration during sleep night 1 <i>Field type:</i> Numeric field <i>Variable name:</i> SPO2_artefact_1 <i>Field required:</i> Required <i>Measurement Unit:</i> min	<input type="text"/>	min

15.35	Oxygen desaturation index from night 1 <i>Field type:</i> Numeric field <i>Variable name:</i> ODI_1 <i>Field required:</i> Required	<input type="text"/>	
15.36	Pulse transit time artefact duration during sleep night 1 <i>Field type:</i> Numeric field <i>Variable name:</i> PTT_sleep_artefact_min_1 <i>Field required:</i> Required <i>Measurement Unit:</i> min	<input type="text"/>	min
15.37	Pulse transit time artefact duration during REM night 1 <i>Field type:</i> Numeric field <i>Variable name:</i> PTT_REM_artefact_min_1 <i>Field required:</i> Required <i>Measurement Unit:</i> min	<input type="text"/>	min
15.38	Pulse transit time artefact duration during non-REM night 1 <i>Field type:</i> Numeric field <i>Variable name:</i> PTT_NREM_artefact_min_1 <i>Field required:</i> Required <i>Measurement Unit:</i> min	<input type="text"/>	min
15.39	TST mean systolic BP night 1 <i>Field type:</i> Numeric field <i>Variable name:</i> TST_Sys_BP_1 <i>Field required:</i> Required <i>Measurement Unit:</i> mmHg	<input type="text"/>	mmHg
15.40	TST mean diastolic BP night 1 <i>Field type:</i> Numeric field <i>Variable name:</i> TST_Dia_BP_1 <i>Field required:</i> Required <i>Measurement Unit:</i> mmHg	<input type="text"/>	mmHg
15.41	NREM mean systolic BP night 1 <i>Field type:</i> Numeric field <i>Variable name:</i> NREM_Sys_BP_1 <i>Field required:</i> Required <i>Measurement Unit:</i> mmHg	<input type="text"/>	mmHg
15.42	NREM mean diastolic BP night 1 <i>Field type:</i> Numeric field <i>Variable name:</i> NREM_Dia_BP_1 <i>Field required:</i> Required <i>Measurement Unit:</i> mmHg	<input type="text"/>	mmHg
15.43	REM mean systolic BP night 1 <i>Field type:</i> Numeric field <i>Variable name:</i> REM_Sys_BP_1 <i>Field required:</i> Required <i>Measurement Unit:</i> mmHg	<input type="text"/>	mmHg
15.44	REM mean diastolic BP night 1 <i>Field type:</i> Numeric field <i>Variable name:</i> REM_Dia_BP_1 <i>Field required:</i> Required <i>Measurement Unit:</i> mmHg	<input type="text"/>	mmHg

15.45 Mean arterial pressure night 1
Field type: Calculation
Variable name: MAP_night_1
Field required: Not required

16. Baseline - Pre sleep HRV, sleep assessment 1

Number	Question	Answers
16.1	Start and stop time of pre-sleep segment, night 1 <i>Field type:</i> Textfield <i>Variable name:</i> Time_PS_1 <i>Field required:</i> Required <i>Measurement Unit:</i> hh:mm:ss-hh:mm:ss	<input type="text"/> hh:mm:ss- <input type="text"/> hh:mm:ss
16.2	Artefact of pre-sleep segment, night 1 <i>Field type:</i> Numeric field <i>Variable name:</i> Artefact_PS_1 <i>Field required:</i> Required <i>Field min:</i> 0.00 <i>Field max:</i> 100.00 <i>Measurement Unit:</i> %	<input type="text"/> %
16.3	Mean heart rate, Pre-sleep, night 1 <i>Field type:</i> Numeric field <i>Variable name:</i> meanHR_PS_1 <i>Field required:</i> Required <i>Measurement Unit:</i> beats per min	<input type="text"/> beats per min
16.4	RMSSD Pre-sleep HRV night 1 <i>Field type:</i> Numeric field <i>Variable name:</i> RMSSD_PS_1 <i>Field required:</i> Required <i>Measurement Unit:</i> ms	<input type="text"/> ms
16.5	SDNN Pre-sleep HRV night 1 <i>Field type:</i> Numeric field <i>Variable name:</i> SDNN_PS_1 <i>Field required:</i> Required <i>Measurement Unit:</i> ms	<input type="text"/> ms
16.6	Total power, based on Lomb Scargle Periodogram, Pre-sleep, night 1 <i>Field type:</i> Numeric field <i>Variable name:</i> TP_LSP_PS_1 <i>Field required:</i> Required <i>Measurement Unit:</i> Hz	<input type="text"/> Hz
16.7	Low frequency power, based on Lomb Scargle Periodogram, Pre-sleep, night 1 <i>Field type:</i> Numeric field <i>Variable name:</i> LF_LSP_PS_1 <i>Field required:</i> Required <i>Measurement Unit:</i> Hz	<input type="text"/> Hz
16.8	High frequency power, based on Lomb Scargle Periodogram, Pre-sleep, night 1 <i>Field type:</i> Numeric field <i>Variable name:</i> HF_LSP_PS_1 <i>Field required:</i> Required <i>Measurement Unit:</i> Hz	<input type="text"/> Hz

16.9	LF/HF, based on Lomb Scargle Periodogram, Pre-sleep, night 1 <i>Field type:</i> Numeric field <i>Variable name:</i> LFHF_LSP_PS_1 <i>Field required:</i> Required	<input type="text"/>
16.10	Total power, based on Fast Fourier Transformation, Pre-sleep night 1 <i>Field type:</i> Numeric field <i>Variable name:</i> TP_FFT_PS_1 <i>Field required:</i> Required <i>Measurement Unit:</i> Hz	<input type="text"/> Hz
16.11	Low frequency power, based on Fast Fourier Transformation, Pre-sleep night 1 <i>Field type:</i> Numeric field <i>Variable name:</i> LF_FFT_PS_1 <i>Field required:</i> Required <i>Measurement Unit:</i> Hz	<input type="text"/> Hz
16.12	High frequency power, based on Fast Fourier Transformation, Pre-sleep night 1 <i>Field type:</i> Numeric field <i>Variable name:</i> HF_FFT_PS_1 <i>Field required:</i> Required <i>Measurement Unit:</i> Hz	<input type="text"/> Hz
16.13	LF/HF, based on Fast Fourier Transformation, Pre-sleep night 1 <i>Field type:</i> Numeric field <i>Variable name:</i> LFHF_FFT_PS_1 <i>Field required:</i> Required	<input type="text"/>

17. Baseline - Nocturnal hour 1 HRV, sleep assessment 1

Number	Question	Answers
17.1	Start and stop time of nocturnal hour 1 segment, night 1 <i>Field type:</i> Textfield <i>Variable name:</i> Time_h1_1 <i>Field required:</i> Required <i>Measurement Unit:</i> hh:mm:ss-hh:mm:ss	<input type="text"/> hh:mm:ss- <input type="text"/> hh:mm:ss
17.2	Artefact of nocturnal hour 1 segment, night 1 <i>Field type:</i> Numeric field <i>Variable name:</i> Artefact_h1_1 <i>Field required:</i> Required <i>Field min:</i> 0.00 <i>Field max:</i> 100.00 <i>Measurement Unit:</i> %	<input type="text"/> %
17.3	Mean heart rate, nocturnal hour 1, night 1 <i>Field type:</i> Numeric field <i>Variable name:</i> meanHR_h1_1 <i>Field required:</i> Required <i>Measurement Unit:</i> beats per min	<input type="text"/> beats per min
17.4	RMSSD, Nocturnal hour 1, night 1 <i>Field type:</i> Numeric field <i>Variable name:</i> RMSSD_h1_1 <i>Field required:</i> Required <i>Measurement Unit:</i> ms	<input type="text"/> ms
17.5	SDNN, Nocturnal hour 1, night 1 <i>Field type:</i> Numeric field <i>Variable name:</i> SDNN_h1_1 <i>Field required:</i> Required <i>Measurement Unit:</i> ms	<input type="text"/> ms
17.6	SDANN, Nocturnal hour 1, night 1 <i>Field type:</i> Numeric field <i>Variable name:</i> SDANN_h1_1 <i>Field required:</i> Required <i>Measurement Unit:</i> ms	<input type="text"/> ms
17.7	Total power, based on Lomb Scargle Periodogram, Nocturnal hour 1, night 1 <i>Field type:</i> Numeric field <i>Variable name:</i> TP_LSP_h1_1 <i>Field required:</i> Required <i>Measurement Unit:</i> Hz	<input type="text"/> Hz
17.8	Low frequency power, based on Lomb Scargle Periodogram, Nocturnal hour 1, night 1 <i>Field type:</i> Numeric field <i>Variable name:</i> LF_LSP_h1_1 <i>Field required:</i> Required <i>Measurement Unit:</i> Hz	<input type="text"/> Hz

17.9	High frequency power, based on Lomb Scargle Periodogram, Nocturnal hour 1, night 1 <i>Field type:</i> Numeric field <i>Variable name:</i> HF_LSP_h1_1 <i>Field required:</i> Required <i>Measurement Unit:</i> Hz	<input type="text"/>	Hz
17.10	LF/HF, based on Lomb Scargle Periodogram, Nocturnal hour 1, night 1 <i>Field type:</i> Numeric field <i>Variable name:</i> LFHF_LSP_h1_1 <i>Field required:</i> Required	<input type="text"/>	
17.11	Total power, based on Fast Fourier Transformation, Nocturnal hour 1, night 1 <i>Field type:</i> Numeric field <i>Variable name:</i> TP_FFT_h1_1 <i>Field required:</i> Required <i>Measurement Unit:</i> Hz	<input type="text"/>	Hz
17.12	Low frequency power, based on Fast Fourier Transformation, Nocturnal hour 1, night 1 <i>Field type:</i> Numeric field <i>Variable name:</i> LF_FFT_h1_1 <i>Field required:</i> Required <i>Measurement Unit:</i> Hz	<input type="text"/>	Hz
17.13	High frequency power, based on Fast Fourier Transformation, Nocturnal hour 1, night 1 <i>Field type:</i> Numeric field <i>Variable name:</i> HF_FFT_h1_1 <i>Field required:</i> Required <i>Measurement Unit:</i> Hz	<input type="text"/>	Hz
17.14	LF/HF, based on Fast Fourier Transformation, Nocturnal hour 1, night 1 <i>Field type:</i> Numeric field <i>Variable name:</i> LFHF_FFT_h1_1 <i>Field required:</i> Required	<input type="text"/>	

18. Baseline - Nocturnal hour 2 HRV, sleep assessment 1

Number	Question	Answers
18.1	Start and stop time of nocturnal hour 2 segment, night 1 <i>Field type:</i> Textfield <i>Variable name:</i> Time_h2_1 <i>Field required:</i> Required <i>Measurement Unit:</i> hh:mm:ss-hh:mm:ss	<input type="text"/> hh:mm:ss- <input type="text"/> hh:mm:ss
18.2	Artefact of nocturnal hour 2 segment, night 1 <i>Field type:</i> Numeric field <i>Variable name:</i> Artefact_h2_1 <i>Field required:</i> Required <i>Field min:</i> 0.00 <i>Field max:</i> 100.00 <i>Measurement Unit:</i> %	<input type="text"/> %
18.3	Mean heart rate, nocturnal hour 2, night 1 <i>Field type:</i> Numeric field <i>Variable name:</i> meanHR_h2_1 <i>Field required:</i> Required <i>Measurement Unit:</i> beats per min	<input type="text"/> beats per min
18.4	RMSSD, Nocturnal hour 2, night 1 <i>Field type:</i> Numeric field <i>Variable name:</i> RMSSD_h2_1 <i>Field required:</i> Required <i>Measurement Unit:</i> ms	<input type="text"/> ms
18.5	SDNN, Nocturnal hour 2, night 1 <i>Field type:</i> Numeric field <i>Variable name:</i> SDNN_h2_1 <i>Field required:</i> Required <i>Measurement Unit:</i> ms	<input type="text"/> ms
18.6	SDANN, Nocturnal hour 2, night 1 <i>Field type:</i> Numeric field <i>Variable name:</i> SDANN_h2_1 <i>Field required:</i> Required <i>Measurement Unit:</i> ms	<input type="text"/> ms
18.7	Total power, based on Lomb Scargle Periodogram, Nocturnal hour 2, night 1 <i>Field type:</i> Numeric field <i>Variable name:</i> TP_LSP_h2_1 <i>Field required:</i> Required <i>Measurement Unit:</i> Hz	<input type="text"/> Hz
18.8	Low frequency power, based on Lomb Scargle Periodogram, Nocturnal hour 2, night 1 <i>Field type:</i> Numeric field <i>Variable name:</i> LF_LSP_h2_1 <i>Field required:</i> Required <i>Measurement Unit:</i> Hz	<input type="text"/> Hz

18.9	High frequency power, based on Lomb Scargle Periodogram, Nocturnal hour 2, night 1 <i>Field type:</i> Numeric field <i>Variable name:</i> HF_LSP_h2_1 <i>Field required:</i> Required <i>Measurement Unit:</i> Hz	<input type="text"/> Hz
18.10	LF/HF, based on Lomb Scargle Periodogram, Nocturnal hour 2, night 1 <i>Field type:</i> Numeric field <i>Variable name:</i> LFHF_LSP_h2_1 <i>Field required:</i> Required	<input type="text"/>
18.11	Total power, based on Fast Fourier Transformation, Nocturnal hour 2, night 1 <i>Field type:</i> Numeric field <i>Variable name:</i> TP_FFT_h2_1 <i>Field required:</i> Required <i>Measurement Unit:</i> Hz	<input type="text"/> Hz
18.12	Low frequency power, based on Fast Fourier Transformation, Nocturnal hour 2, night 1 <i>Field type:</i> Numeric field <i>Variable name:</i> LF_FFT_h2_1 <i>Field required:</i> Required <i>Measurement Unit:</i> Hz	<input type="text"/> Hz
18.13	High frequency power, based on Fast Fourier Transformation, Nocturnal hour 2, night 1 <i>Field type:</i> Numeric field <i>Variable name:</i> HF_FFT_h2_1 <i>Field required:</i> Required <i>Measurement Unit:</i> Hz	<input type="text"/> Hz
18.14	LF/HF, based on Fast Fourier Transformation, Nocturnal hour 2, night 1 <i>Field type:</i> Numeric field <i>Variable name:</i> LFHF_FFT_h2_1 <i>Field required:</i> Required	<input type="text"/>

19. Baseline - Nocturnal hour 3 HRV, sleep assessment 1

Number	Question	Answers
19.1	Start and stop time of nocturnal hour 3 segment, night 1 <i>Field type:</i> Textfield <i>Variable name:</i> Time_h3_1 <i>Field required:</i> Required <i>Measurement Unit:</i> hh:mm:ss-hh:mm:ss	<input type="text"/> hh:mm:ss- <input type="text"/> hh:mm:ss
19.2	Artefact of nocturnal hour 3 segment, night 1 <i>Field type:</i> Numeric field <i>Variable name:</i> Artefact_h3_1 <i>Field required:</i> Required <i>Field min:</i> 0.00 <i>Field max:</i> 100.00 <i>Measurement Unit:</i> %	<input type="text"/> %
19.3	Mean heart rate, nocturnal hour 3, night 1 <i>Field type:</i> Numeric field <i>Variable name:</i> meanHR_h3_1 <i>Field required:</i> Required <i>Measurement Unit:</i> beats per min	<input type="text"/> beats per min
19.4	RMSSD, Nocturnal hour 3, night 1 <i>Field type:</i> Numeric field <i>Variable name:</i> RMSSD_h3_1 <i>Field required:</i> Required <i>Measurement Unit:</i> ms	<input type="text"/> ms
19.5	SDNN, Nocturnal hour 3, night 1 <i>Field type:</i> Numeric field <i>Variable name:</i> SDNN_h3_1 <i>Field required:</i> Required <i>Measurement Unit:</i> ms	<input type="text"/> ms
19.6	SDANN, Nocturnal hour 3, night 1 <i>Field type:</i> Numeric field <i>Variable name:</i> SDANN_h3_1 <i>Field required:</i> Required <i>Measurement Unit:</i> ms	<input type="text"/> ms
19.7	Total power, based on Lomb Scargle Periodogram, Nocturnal hour 3, night 1 <i>Field type:</i> Numeric field <i>Variable name:</i> TP_LSP_h3_1 <i>Field required:</i> Required <i>Measurement Unit:</i> Hz	<input type="text"/> Hz
19.8	Low frequency power, based on Lomb Scargle Periodogram, Nocturnal hour 3, night 1 <i>Field type:</i> Numeric field <i>Variable name:</i> LF_LSP_h3_1 <i>Field required:</i> Required <i>Measurement Unit:</i> Hz	<input type="text"/> Hz

19.9	High frequency power, based on Lomb Scargle Periodogram, Nocturnal hour 3, night 1 <i>Field type:</i> Numeric field <i>Variable name:</i> HF_LSP_h3_1 <i>Field required:</i> Required <i>Measurement Unit:</i> Hz	<input type="text"/> Hz
19.10	LF/HF, based on Lomb Scargle Periodogram, Nocturnal hour 3, night 1 <i>Field type:</i> Numeric field <i>Variable name:</i> LFHF_LSP_h3_1 <i>Field required:</i> Required	<input type="text"/>
19.11	Total power, based on Fast Fourier Transformation, Nocturnal hour 3, night 1 <i>Field type:</i> Numeric field <i>Variable name:</i> TP_FFT_h3_1 <i>Field required:</i> Required <i>Measurement Unit:</i> Hz	<input type="text"/> Hz
19.12	Low frequency power, based on Fast Fourier Transformation, Nocturnal hour 3, night 1 <i>Field type:</i> Numeric field <i>Variable name:</i> LF_FFT_h3_1 <i>Field required:</i> Required <i>Measurement Unit:</i> Hz	<input type="text"/> Hz
19.13	High frequency power, based on Fast Fourier Transformation, Nocturnal hour 3, night 1 <i>Field type:</i> Numeric field <i>Variable name:</i> HF_FFT_h3_1 <i>Field required:</i> Required <i>Measurement Unit:</i> Hz	<input type="text"/> Hz
19.14	LF/HF, based on Fast Fourier Transformation, Nocturnal hour 3, night 1 <i>Field type:</i> Numeric field <i>Variable name:</i> LFHF_FFT_h3_1 <i>Field required:</i> Required	<input type="text"/>

20. Baseline - Nocturnal hour 4 HRV, sleep assessment 1

Number	Question	Answers
20.1	Start and stop time of nocturnal hour 4 segment, night 1 <i>Field type:</i> Textfield <i>Variable name:</i> Time_h4_1 <i>Field required:</i> Required <i>Measurement Unit:</i> hh:mm:ss-hh:mm:ss	<input type="text"/> hh:mm:ss- <input type="text"/> hh:mm:ss
20.2	Artefact of nocturnal hour 4 segment, night 1 <i>Field type:</i> Numeric field <i>Variable name:</i> Artefact_h4_1 <i>Field required:</i> Required <i>Field min:</i> 0.00 <i>Field max:</i> 100.00 <i>Measurement Unit:</i> %	<input type="text"/> %
20.3	Mean heart rate, nocturnal hour 4, night 1 <i>Field type:</i> Numeric field <i>Variable name:</i> meanHR_h4_1 <i>Field required:</i> Required <i>Measurement Unit:</i> beats per min	<input type="text"/> beats per min
20.4	RMSSD, Nocturnal hour 4, night 1 <i>Field type:</i> Numeric field <i>Variable name:</i> RMSSD_h4_1 <i>Field required:</i> Required <i>Measurement Unit:</i> ms	<input type="text"/> ms
20.5	SDNN, Nocturnal hour 4, night 1 <i>Field type:</i> Numeric field <i>Variable name:</i> SDNN_h4_1 <i>Field required:</i> Required <i>Measurement Unit:</i> ms	<input type="text"/> ms
20.6	SDANN, Nocturnal hour 4, night 1 <i>Field type:</i> Numeric field <i>Variable name:</i> SDANN_h4_1 <i>Field required:</i> Required <i>Measurement Unit:</i> ms	<input type="text"/> ms
20.7	Total power, based on Lomb Scargle Periodogram, Nocturnal hour 4, night 1 <i>Field type:</i> Numeric field <i>Variable name:</i> TP_LSP_h4_1 <i>Field required:</i> Required <i>Measurement Unit:</i> Hz	<input type="text"/> Hz
20.8	Low frequency power, based on Lomb Scargle Periodogram, Nocturnal hour 4, night 1 <i>Field type:</i> Numeric field <i>Variable name:</i> LF_LSP_h4_1 <i>Field required:</i> Required <i>Measurement Unit:</i> Hz	<input type="text"/> Hz

20.9	High frequency power, based on Lomb Scargle Periodogram, Nocturnal hour 4, night 1 <i>Field type:</i> Numeric field <i>Variable name:</i> HF_LSP_h4_1 <i>Field required:</i> Required <i>Measurement Unit:</i> Hz	<input type="text"/> Hz
20.10	LF/HF, based on Lomb Scargle Periodogram, Nocturnal hour 4, night 1 <i>Field type:</i> Numeric field <i>Variable name:</i> LFHF_LSP_h4_1 <i>Field required:</i> Required	<input type="text"/>
20.11	Total power, based on Fast Fourier Transformation, Nocturnal hour 4, night 1 <i>Field type:</i> Numeric field <i>Variable name:</i> TP_FFT_h4_1 <i>Field required:</i> Required <i>Measurement Unit:</i> Hz	<input type="text"/> Hz
20.12	Low frequency power, based on Fast Fourier Transformation, Nocturnal hour 4, night 1 <i>Field type:</i> Numeric field <i>Variable name:</i> LF_FFT_h4_1 <i>Field required:</i> Required <i>Measurement Unit:</i> Hz	<input type="text"/> Hz
20.13	High frequency power, based on Fast Fourier Transformation, Nocturnal hour 4, night 1 <i>Field type:</i> Numeric field <i>Variable name:</i> HF_FFT_h4_1 <i>Field required:</i> Required <i>Measurement Unit:</i> Hz	<input type="text"/> Hz
20.14	LF/HF, based on Fast Fourier Transformation, Nocturnal hour 4, night 1 <i>Field type:</i> Numeric field <i>Variable name:</i> LFHF_FFT_h4_1 <i>Field required:</i> Required	<input type="text"/>

21. Baseline - Nocturnal hour 5 HRV, sleep assessment 1

Number	Question	Answers
21.1	Start and stop time of nocturnal hour 5 segment, night 1 <i>Field type:</i> Textfield <i>Variable name:</i> Time_h5_1 <i>Field required:</i> Required <i>Measurement Unit:</i> hh:mm:ss-hh:mm:ss	<input type="text"/> hh:mm:ss- <input type="text"/> hh:mm:ss
21.2	Artefact of nocturnal hour 5 segment, night 1 <i>Field type:</i> Numeric field <i>Variable name:</i> Artefact_h5_1 <i>Field required:</i> Required <i>Field min:</i> 0.00 <i>Field max:</i> 100.00 <i>Measurement Unit:</i> %	<input type="text"/> %
21.3	Mean heart rate, nocturnal hour 5, night 1 <i>Field type:</i> Numeric field <i>Variable name:</i> meanHR_h5_1 <i>Field required:</i> Required <i>Measurement Unit:</i> beats per min	<input type="text"/> beats per min
21.4	RMSSD, Nocturnal hour 5, night 1 <i>Field type:</i> Numeric field <i>Variable name:</i> RMSSD_h5_1 <i>Field required:</i> Required <i>Measurement Unit:</i> ms	<input type="text"/> ms
21.5	SDNN, Nocturnal hour 5, night 1 <i>Field type:</i> Numeric field <i>Variable name:</i> SDNN_h5_1 <i>Field required:</i> Required <i>Measurement Unit:</i> ms	<input type="text"/> ms
21.6	SDANN, Nocturnal hour 5, night 1 <i>Field type:</i> Numeric field <i>Variable name:</i> SDANN_h5_1 <i>Field required:</i> Required <i>Measurement Unit:</i> ms	<input type="text"/> ms
21.7	Total power, based on Lomb Scargle Periodogram, Nocturnal hour 5, night 1 <i>Field type:</i> Numeric field <i>Variable name:</i> TP_LSP_h5_1 <i>Field required:</i> Required <i>Measurement Unit:</i> Hz	<input type="text"/> Hz
21.8	Low frequency power, based on Lomb Scargle Periodogram, Nocturnal hour 5, night 1 <i>Field type:</i> Numeric field <i>Variable name:</i> LF_LSP_h5_1 <i>Field required:</i> Required <i>Measurement Unit:</i> Hz	<input type="text"/> Hz

21.9	High frequency power, based on Lomb Scargle Periodogram, Nocturnal hour 5, night 1 <i>Field type:</i> Numeric field <i>Variable name:</i> HF_LSP_h5_1 <i>Field required:</i> Required <i>Measurement Unit:</i> Hz	<input type="text"/>	Hz
21.10	LF/HF, based on Lomb Scargle Periodogram, Nocturnal hour 5, night 1 <i>Field type:</i> Numeric field <i>Variable name:</i> LFHF_LSP_h5_1 <i>Field required:</i> Required	<input type="text"/>	
21.11	Total power, based on Fast Fourier Transformation, Nocturnal hour 5, night 1 <i>Field type:</i> Numeric field <i>Variable name:</i> TP_FFT_h5_1 <i>Field required:</i> Required <i>Measurement Unit:</i> Hz	<input type="text"/>	Hz
21.12	Low frequency power, based on Fast Fourier Transformation, Nocturnal hour 5, night 1 <i>Field type:</i> Numeric field <i>Variable name:</i> LF_FFT_h5_1 <i>Field required:</i> Required <i>Measurement Unit:</i> Hz	<input type="text"/>	Hz
21.13	High frequency power, based on Fast Fourier Transformation, Nocturnal hour 5, night 1 <i>Field type:</i> Numeric field <i>Variable name:</i> HF_FFT_h5_1 <i>Field required:</i> Required <i>Measurement Unit:</i> Hz	<input type="text"/>	Hz
21.14	LF/HF, based on Fast Fourier Transformation, Nocturnal hour 5, night 1 <i>Field type:</i> Numeric field <i>Variable name:</i> LFHF_FFT_h5_1 <i>Field required:</i> Required	<input type="text"/>	

22. Baseline - Nocturnal hour 6 HRV, sleep assessment 1

Number	Question	Answers
22.1	Start and stop time of nocturnal hour 6 segment, night 1 <i>Field type:</i> Textfield <i>Variable name:</i> Time_h6_1 <i>Field required:</i> Required <i>Measurement Unit:</i> hh:mm:ss-hh:mm:ss	<input type="text"/> hh:mm:ss- <input type="text"/> hh:mm:ss
22.2	Artefact of nocturnal hour 6 segment, night 1 <i>Field type:</i> Numeric field <i>Variable name:</i> Artefact_h6_1 <i>Field required:</i> Required <i>Field min:</i> 0.00 <i>Field max:</i> 100.00 <i>Measurement Unit:</i> %	<input type="text"/> %
22.3	Mean heart rate, nocturnal hour 6, night 1 <i>Field type:</i> Numeric field <i>Variable name:</i> meanHR_h6_1 <i>Field required:</i> Required <i>Measurement Unit:</i> beats per min	<input type="text"/> beats per min
22.4	RMSSD, Nocturnal hour 6, night 1 <i>Field type:</i> Numeric field <i>Variable name:</i> RMSSD_h6_1 <i>Field required:</i> Required <i>Measurement Unit:</i> ms	<input type="text"/> ms
22.5	SDNN, Nocturnal hour 6, night 1 <i>Field type:</i> Numeric field <i>Variable name:</i> SDNN_h6_1 <i>Field required:</i> Required <i>Measurement Unit:</i> ms	<input type="text"/> ms
22.6	SDANN, Nocturnal hour 6, night 1 <i>Field type:</i> Numeric field <i>Variable name:</i> SDANN_h6_1 <i>Field required:</i> Required <i>Measurement Unit:</i> ms	<input type="text"/> ms
22.7	Total power, based on Lomb Scargle Periodogram, Nocturnal hour 6, night 1 <i>Field type:</i> Numeric field <i>Variable name:</i> TP_LSP_h6_1 <i>Field required:</i> Required <i>Measurement Unit:</i> Hz	<input type="text"/> Hz
22.8	Low frequency power, based on Lomb Scargle Periodogram, Nocturnal hour 6, night 1 <i>Field type:</i> Numeric field <i>Variable name:</i> LF_LSP_h6_1 <i>Field required:</i> Required <i>Measurement Unit:</i> Hz	<input type="text"/> Hz

22.9	High frequency power, based on Lomb Scargle Periodogram, Nocturnal hour 6, night 1 <i>Field type:</i> Numeric field <i>Variable name:</i> HF_LSP_h6_1 <i>Field required:</i> Required <i>Measurement Unit:</i> Hz	<input type="text"/> Hz
22.10	LF/HF, based on Lomb Scargle Periodogram, Nocturnal hour 6, night 1 <i>Field type:</i> Numeric field <i>Variable name:</i> LFHF_LSP_h6_1 <i>Field required:</i> Required	<input type="text"/>
22.11	Total power, based on Fast Fourier Transformation, Nocturnal hour 6, night 1 <i>Field type:</i> Numeric field <i>Variable name:</i> TP_FFT_h6_1 <i>Field required:</i> Required <i>Measurement Unit:</i> Hz	<input type="text"/> Hz
22.12	Low frequency power, based on Fast Fourier Transformation, Nocturnal hour 6, night 1 <i>Field type:</i> Numeric field <i>Variable name:</i> LF_FFT_h6_1 <i>Field required:</i> Required <i>Measurement Unit:</i> Hz	<input type="text"/> Hz
22.13	High frequency power, based on Fast Fourier Transformation, Nocturnal hour 6, night 1 <i>Field type:</i> Numeric field <i>Variable name:</i> HF_FFT_h6_1 <i>Field required:</i> Required <i>Measurement Unit:</i> Hz	<input type="text"/> Hz
22.14	LF/HF, based on Fast Fourier Transformation, Nocturnal hour 6, night 1 <i>Field type:</i> Numeric field <i>Variable name:</i> LFHF_FFT_h6_1 <i>Field required:</i> Required	<input type="text"/>

23. Baseline - Morning HRV, sleep assessment 1

Number	Question	Answers
23.1	Start and stop time of morning segment, night 1 <i>Field type:</i> Textfield <i>Variable name:</i> Time_m_1 <i>Field required:</i> Required <i>Measurement Unit:</i> hh:mm:ss-hh:mm:ss	<input type="text"/> hh:mm:ss- <input type="text"/> hh:mm:ss
23.2	Artefact of morning segment, night 1 <i>Field type:</i> Numeric field <i>Variable name:</i> Artefact_m_1 <i>Field required:</i> Required <i>Field min:</i> 0.00 <i>Field max:</i> 100.00 <i>Measurement Unit:</i> %	<input type="text"/> %
23.3	Mean heart rate, morning, night 1 <i>Field type:</i> Numeric field <i>Variable name:</i> meanHR_m_1 <i>Field required:</i> Required <i>Measurement Unit:</i> beats per min	<input type="text"/> beats per min
23.4	RMSSD morning HRV night 1 <i>Field type:</i> Numeric field <i>Variable name:</i> RMSSD_m_1 <i>Field required:</i> Required <i>Measurement Unit:</i> ms	<input type="text"/> ms
23.5	SDNN morning HRV night 1 <i>Field type:</i> Numeric field <i>Variable name:</i> SDNN_m_1 <i>Field required:</i> Required <i>Measurement Unit:</i> ms	<input type="text"/> ms
23.6	Total power, based on Lomb Scargle Periodogram, morning, night 1 <i>Field type:</i> Numeric field <i>Variable name:</i> TP_LSP_m_1 <i>Field required:</i> Required <i>Measurement Unit:</i> Hz	<input type="text"/> Hz
23.7	Low frequency power, based on Lomb Scargle Periodogram, morning, night 1 <i>Field type:</i> Numeric field <i>Variable name:</i> LF_LSP_m_1 <i>Field required:</i> Required <i>Measurement Unit:</i> Hz	<input type="text"/> Hz
23.8	High frequency power, based on Lomb Scargle Periodogram, morning, night 1 <i>Field type:</i> Numeric field <i>Variable name:</i> HF_LSP_m_1 <i>Field required:</i> Required <i>Measurement Unit:</i> Hz	<input type="text"/> Hz

23.9	LF/HF, based on Lomb Scargle Periodogram, morning, night 1 <i>Field type:</i> Numeric field <i>Variable name:</i> LFHF_LSP_m_1 <i>Field required:</i> Required	<input type="text"/>
23.10	Total power, based on Fast Fourier Transformation, morning, night 1 <i>Field type:</i> Numeric field <i>Variable name:</i> TP_FFT_m_1 <i>Field required:</i> Required <i>Measurement Unit:</i> Hz	<input type="text"/> Hz
23.11	Low frequency power, based on Fast Fourier Transformation, morning, night 1 <i>Field type:</i> Numeric field <i>Variable name:</i> LF_FFT_m_1 <i>Field required:</i> Required <i>Measurement Unit:</i> Hz	<input type="text"/> Hz
23.12	High frequency power, based on Fast Fourier Transformation, morning, night 1 <i>Field type:</i> Numeric field <i>Variable name:</i> HF_FFT_m_1 <i>Field required:</i> Required <i>Measurement Unit:</i> Hz	<input type="text"/> Hz
23.13	LF/HF, based on Fast Fourier Transformation, morning, night 1 <i>Field type:</i> Numeric field <i>Variable name:</i> LFHF_FFT_m_1 <i>Field required:</i> Required	<input type="text"/>

24. Baseline - Pre-sleep arousal scale

Number	Question	Answers
24.1	PSAS somatic night 1 <i>Field type:</i> Calculation <i>Variable name:</i> PSAS_som_1 <i>Field required:</i> Not required <i>Field min:</i> 8.00 <i>Field max:</i> 40.00	
24.2	PSAS cognitive night 1 <i>Field type:</i> Calculation <i>Variable name:</i> PSAS_cog_1 <i>Field required:</i> Not required <i>Field min:</i> 7.00 <i>Field max:</i> 35.00	

25. Baseline - Schlafragebogen A baseline

Number	Question	Answers
25.1	Schlafragebogen A 23d night 1 <i>Field type:</i> Calculation <i>Variable name:</i> SFA_23d_1 <i>Field required:</i> Not required <i>Field min:</i> 1.00 <i>Field max:</i> 5.00	
25.2	Schlafragebogen A Allgemeine Schlafcharakterisierung night 1 <i>Field type:</i> Calculation <i>Variable name:</i> SFA_ASC_1 <i>Field required:</i> Not required	
25.3	Schlafragebogen A Vorzeitiges Aufwachen night 1 <i>Field type:</i> Calculation <i>Variable name:</i> SFA_VZA_1 <i>Field required:</i> Not required	
25.4	Schlafragebogen A Durchschlafschwierigkeiten night 1 <i>Field type:</i> Calculation <i>Variable name:</i> SFA_DSS_1 <i>Field required:</i> Not required	
25.5	Schlafragebogen A Einschlafschwierigkeiten night 1 <i>Field type:</i> Calculation <i>Variable name:</i> SFA_ESS_1 <i>Field required:</i> Not required	
25.6	Schlafragebogen A Schlafqualität night 1 <i>Field type:</i> Calculation <i>Variable name:</i> SFA_SQ_1 <i>Field required:</i> Not required <i>Field min:</i> 1.00 <i>Field max:</i> 5.00	
25.7	Schlafragebogen A Gefühl des Erholtseins nach dem Schlaf night 1 <i>Field type:</i> Calculation <i>Variable name:</i> SFA_GES_1 <i>Field required:</i> Not required <i>Field min:</i> 1.00 <i>Field max:</i> 5.00	
25.8	Schlafragebogen A Psychomotorische Symptome in der Schlafphase night 1 <i>Field type:</i> Calculation <i>Variable name:</i> SFA_PSS_1 <i>Field required:</i> Not required <i>Field min:</i> 1.00 <i>Field max:</i> 5.00	

25.9 Schlafragebogen A Gesamtschlafdauer (Stunden) night 1
Field type: Calculation
Variable name: SFA_GSD_1
Field required: Not required
Field min: 1.00
Field max: 5.00

25.10 Schlafragebogen A Psychische Ausgeglichenheit vor dem
Schlafengehen night 1
Field type: Calculation
Variable name: SFA_PSYA_1
Field required: Not required
Field min: 1.00
Field max: 5.00

25.11 Schlafragebogen A Psychisches Erschöpftsein vor dem
Schlafengehen night 1
Field type: Calculation
Variable name: SFA_PSYE_1
Field required: Not required
Field min: 1.00
Field max: 5.00

26. Day 4 - Allocation

Number	Question	Answers
26.1	Allocation <i>Field type:</i> Radiobutton <i>Variable name:</i> Allocation <i>Field required:</i> Required <i>Option group name:</i> Allocation	<input type="radio"/> Control <input type="radio"/> Aerobic exercise

27. Day 4 - Intervention

Number	Question	Answers
27.1	Befindlichkeitsskala activity pre-exercise <i>Field type:</i> Calculation <i>Variable name:</i> BFS_activity_1 <i>Field required:</i> Not required <i>Field min:</i> 1.00 <i>Field max:</i> 5.00	
27.2	Befindlichkeitsskala elation pre-exercise <i>Field type:</i> Calculation <i>Variable name:</i> BFS_elation_1 <i>Field required:</i> Not required <i>Field min:</i> 1.00 <i>Field max:</i> 5.00	
27.3	Befindlichkeitsskala contemplation pre-exercise <i>Field type:</i> Calculation <i>Variable name:</i> BFS_contemplation_1 <i>Field required:</i> Not required <i>Field min:</i> 1.00 <i>Field max:</i> 5.00	
27.4	Befindlichkeitsskala calmness pre-exercise <i>Field type:</i> Calculation <i>Variable name:</i> BFS_calmness_1 <i>Field required:</i> Not required <i>Field min:</i> 1.00 <i>Field max:</i> 5.00	
27.5	Befindlichkeitsskala fatigue pre-exercise <i>Field type:</i> Calculation <i>Variable name:</i> BFS_fatigue_1 <i>Field required:</i> Not required <i>Field min:</i> 1.00 <i>Field max:</i> 5.00	
27.6	Befindlichkeitsskala depression pre-exercise <i>Field type:</i> Calculation <i>Variable name:</i> BFS_depression_1 <i>Field required:</i> Not required <i>Field min:</i> 1.00 <i>Field max:</i> 5.00	
27.7	Befindlichkeitsskala anger pre-exercise <i>Field type:</i> Calculation <i>Variable name:</i> BFS_anger_1 <i>Field required:</i> Not required <i>Field min:</i> 1.00 <i>Field max:</i> 5.00	
27.8	Befindlichkeitsskala excitement pre-exercise <i>Field type:</i> Calculation <i>Variable name:</i> BFS_excitement_1 <i>Field required:</i> Not required <i>Field min:</i> 1.00 <i>Field max:</i> 5.00	

27.9	Befindlichkeitsskala activity post-exercise <i>Field type:</i> Calculation <i>Variable name:</i> BFS_activity_2 <i>Field required:</i> Not required <i>Field min:</i> 1.00 <i>Field max:</i> 5.00
27.10	Befindlichkeitsskala elation post-exercise <i>Field type:</i> Calculation <i>Variable name:</i> BFS_elation_2 <i>Field required:</i> Not required <i>Field min:</i> 1.00 <i>Field max:</i> 5.00
27.11	Befindlichkeitsskala contemplation post-exercise <i>Field type:</i> Calculation <i>Variable name:</i> BFS_contemplation_2 <i>Field required:</i> Not required <i>Field min:</i> 1.00 <i>Field max:</i> 5.00
27.12	Befindlichkeitsskala calmness post-exercise <i>Field type:</i> Calculation <i>Variable name:</i> BFS_calmness_2 <i>Field required:</i> Not required <i>Field min:</i> 1.00 <i>Field max:</i> 5.00
27.13	Befindlichkeitsskala fatigue post-exercise <i>Field type:</i> Calculation <i>Variable name:</i> BFS_fatigue_2 <i>Field required:</i> Not required <i>Field min:</i> 1.00 <i>Field max:</i> 5.00
27.14	Befindlichkeitsskala depression post-exercise <i>Field type:</i> Calculation <i>Variable name:</i> BFS_depression_2 <i>Field required:</i> Not required <i>Field min:</i> 1.00 <i>Field max:</i> 5.00
27.15	Befindlichkeitsskala anger post-exercise <i>Field type:</i> Calculation <i>Variable name:</i> BFS_anger_2 <i>Field required:</i> Not required <i>Field min:</i> 1.00 <i>Field max:</i> 5.00
27.16	Befindlichkeitsskala excitement post-exercise <i>Field type:</i> Calculation <i>Variable name:</i> BFS_excitement_2 <i>Field required:</i> Not required <i>Field min:</i> 1.00 <i>Field max:</i> 5.00

27.17 **If 'Allocation' is equal to 'Aerobic exercise' answer this question:** SM06
 SM07
 V800 Oberwaid

Polar watch used for training
 SM06: forschung@oberwaid.ch & Tadc93kW
 SM07: gavin.brupbacher@oberwaid.ch & Loka75zY
 V800 (Oberwaid) : sport@oberwaid.ch & OberwaidSport

Field type: Dropdown
Variable name: Polar_training
Field required: Required
Field min: 50.00
Field max: 220.00
Measurement Unit: beats per min
Option group name: Polar watch name

27.18 **If 'Allocation' is equal to 'Aerobic exercise' answer this question:**

Watt during intervention
Field type: Numeric field
Variable name: Watt_intervention
Field required: Required
Field min: 10.00
Field max: 400.00

27.19 **If 'Allocation' is equal to 'Aerobic exercise' answer this question:**

Rate of perceived exertion after 5 min exercise at 80%IAS
Field type: Numeric field
Variable name: RPE_exercise_5
Field required: Required
Field min: 6.00
Field max: 20.00

27.20 **If 'Allocation' is equal to 'Aerobic exercise' answer this question:**

Rate of perceived exertion after 15 min exercise at 80%IAS
Field type: Numeric field
Variable name: RPE_exercise_15
Field required: Required
Field min: 6.00
Field max: 20.00

27.21 **If 'Allocation' is equal to 'Aerobic exercise' answer this question:**

Rate of perceived exertion after 30 min exercise at 80%IAS
Field type: Numeric field
Variable name: RPE_exercise_30
Field required: Required
Field min: 6.00
Field max: 20.00

27.22 **If 'Allocation' is equal to 'Aerobic exercise' answer this question:** beats per min
Mean heart rate during exercise
Field type: Numeric field
Variable name: HR_exercise
Field required: Required
Field min: 50.00
Field max: 220.00
Measurement Unit: beats per min

27.23 **If 'Allocation' is equal to 'Aerobic exercise' answer this question:** Yes
Training_termination No
Field type: Radiobutton
Variable name: Training_termination
Field required: Not required
Option group name: Yes/No

27.23.1 **If 'Training_termination' is equal to 'Yes' answer this question:**
Reason for training termination
Field type: Multiline Textfield
Variable name: Training_termination_reason
Field required: Required

28. Follow-up - Polysomnography, sleep assessment 2

Number	Question	Answers
28.1	Date of followup polysomnography <i>Field type:</i> Date <i>Variable name:</i> Date_PSG_2 <i>Field required:</i> Required <i>Measurement Unit:</i> min	<input type="text"/> <input type="text"/> <input type="text"/> (dd-mm-yyyy)
28.2	Sleep stage artefact duration <i>Field type:</i> Numeric field <i>Variable name:</i> Sleep_artefact_min_2 <i>Field required:</i> Required <i>Measurement Unit:</i> min	<input type="text"/> min
28.3	Sleep stage artefact % total recording time <i>Field type:</i> Numeric field <i>Variable name:</i> Sleep_artefact_TRT_2 <i>Field required:</i> Required <i>Measurement Unit:</i> %	<input type="text"/> %
28.4	Total recording time (TRT) night 2 <i>Field type:</i> Numeric field <i>Variable name:</i> TRT_2 <i>Field required:</i> Required <i>Measurement Unit:</i> min	<input type="text"/> min
28.5	Total sleep time (TST) night 2 <i>Field type:</i> Numeric field <i>Variable name:</i> TST_2 <i>Field required:</i> Required <i>Measurement Unit:</i> min	<input type="text"/> min
28.6	Sleep onset latency (SOL) night 2 <i>Field type:</i> Numeric field <i>Variable name:</i> SOL_2 <i>Field required:</i> Required <i>Measurement Unit:</i> min	<input type="text"/> min
28.7	Wake after sleep onset (WASO) night 2 <i>Field type:</i> Numeric field <i>Variable name:</i> WASO_2 <i>Field required:</i> Required <i>Measurement Unit:</i> min	<input type="text"/> min
28.8	Number of awakenings (NA) night 2 <i>Field type:</i> Numeric field <i>Variable name:</i> NA_2 <i>Field required:</i> Required	<input type="text"/>
28.9	Sleep efficiency 1 (SE) night 2 <i>Field type:</i> Numeric field <i>Variable name:</i> SE_2 <i>Field required:</i> Required <i>Field min:</i> 0.00 <i>Field max:</i> 100.00 <i>Measurement Unit:</i> %	<input type="text"/> %

28.10	Wake min night 2 <i>Field type:</i> Numeric field <i>Variable name:</i> Wake_min_2 <i>Field required:</i> Required <i>Measurement Unit:</i> min	<input type="text"/>	min
28.11	Wake %TRT night 2 <i>Field type:</i> Numeric field <i>Variable name:</i> Wake_TRT_2 <i>Field required:</i> Required <i>Field min:</i> 0.00 <i>Field max:</i> 100.00 <i>Measurement Unit:</i> %	<input type="text"/>	%
28.12	N1 min night 2 <i>Field type:</i> Numeric field <i>Variable name:</i> N1_min_2 <i>Field required:</i> Required <i>Measurement Unit:</i> min	<input type="text"/>	min
28.13	N1 %TRT night 2 <i>Field type:</i> Numeric field <i>Variable name:</i> N1_TRT_2 <i>Field required:</i> Required <i>Field min:</i> 0.00 <i>Field max:</i> 100.00 <i>Measurement Unit:</i> %	<input type="text"/>	%
28.14	N1 %TST night 2 <i>Field type:</i> Calculation <i>Variable name:</i> N1_TST_2 <i>Field required:</i> Not required <i>Field min:</i> 0.00 <i>Field max:</i> 100.00 <i>Measurement Unit:</i> %		
28.15	N2 min night 2 <i>Field type:</i> Numeric field <i>Variable name:</i> N2_min_2 <i>Field required:</i> Required <i>Measurement Unit:</i> min	<input type="text"/>	min
28.16	N2 %TRT night 2 <i>Field type:</i> Numeric field <i>Variable name:</i> N2_TRT_2 <i>Field required:</i> Required <i>Field min:</i> 0.00 <i>Field max:</i> 100.00 <i>Measurement Unit:</i> %	<input type="text"/>	%
28.17	N2 %TST night 2 <i>Field type:</i> Calculation <i>Variable name:</i> N2_TST_2 <i>Field required:</i> Not required <i>Field min:</i> 0.00 <i>Field max:</i> 100.00 <i>Measurement Unit:</i> %		

28.18	N3 min night 2 <i>Field type:</i> Numeric field <i>Variable name:</i> N3_min_2 <i>Field required:</i> Required <i>Measurement Unit:</i> min	<input type="text"/>	min
28.19	N3 %TRT night 2 <i>Field type:</i> Numeric field <i>Variable name:</i> N3_TRT_2 <i>Field required:</i> Required <i>Field min:</i> 0.00 <i>Field max:</i> 100.00 <i>Measurement Unit:</i> %	<input type="text"/>	%
28.20	N3 %total sleep time night 2 <i>Field type:</i> Calculation <i>Variable name:</i> N3_TST_2 <i>Field required:</i> Not required <i>Field min:</i> 0.00 <i>Field max:</i> 100.00 <i>Measurement Unit:</i> %		
28.21	Light Sleep min night 2 <i>Field type:</i> Calculation <i>Variable name:</i> LS_min_2 <i>Field required:</i> Not required <i>Measurement Unit:</i> min		
28.22	Light Sleep %TST night 2 <i>Field type:</i> Calculation <i>Variable name:</i> LS_TST_2 <i>Field required:</i> Not required <i>Field min:</i> 0.00 <i>Field max:</i> 100.00 <i>Measurement Unit:</i> %		
28.23	Slow wave sleep (SWS) min night 2 <i>Field type:</i> Numeric field <i>Variable name:</i> SWS_min_2 <i>Field required:</i> Required <i>Measurement Unit:</i> min	<input type="text"/>	min
28.24	Slow wave sleep (SWS) %TRT night 2 <i>Field type:</i> Numeric field <i>Variable name:</i> SWS_TRT_2 <i>Field required:</i> Required <i>Field min:</i> 0.00 <i>Field max:</i> 100.00 <i>Measurement Unit:</i> %	<input type="text"/>	%
28.25	Slow wave sleep (SWS) %TST night 2 <i>Field type:</i> Calculation <i>Variable name:</i> SWS_TST_2 <i>Field required:</i> Not required <i>Field min:</i> 0.00 <i>Field max:</i> 100.00 <i>Measurement Unit:</i> %		

28.26	NREM (non-REM) sleep min night 2 <i>Field type:</i> Numeric field <i>Variable name:</i> NREM_min_2 <i>Field required:</i> Required <i>Measurement Unit:</i> min	<input type="text"/>	min
28.27	NREM (non-REM) sleep %TRT night 2 <i>Field type:</i> Numeric field <i>Variable name:</i> NREM_TRT_2 <i>Field required:</i> Required <i>Field min:</i> 0.00 <i>Field max:</i> 100.00 <i>Measurement Unit:</i> %	<input type="text"/>	%
28.28	NREM (non-REM) sleep %TST night 2 <i>Field type:</i> Calculation <i>Variable name:</i> NREM_TST_2 <i>Field required:</i> Not required <i>Field min:</i> 0.00 <i>Field max:</i> 100.00 <i>Measurement Unit:</i> %		
28.29	REM min night 2 <i>Field type:</i> Numeric field <i>Variable name:</i> REM_min_2 <i>Field required:</i> Required <i>Measurement Unit:</i> min	<input type="text"/>	min
28.30	REM %TRT night 2 <i>Field type:</i> Numeric field <i>Variable name:</i> REM_TRT_2 <i>Field required:</i> Required <i>Field min:</i> 0.00 <i>Field max:</i> 100.00 <i>Measurement Unit:</i> %	<input type="text"/>	%
28.31	REM % total sleep time night 2 <i>Field type:</i> Calculation <i>Variable name:</i> REM_TST_2 <i>Field required:</i> Not required <i>Field min:</i> 0.00 <i>Field max:</i> 100.00 <i>Measurement Unit:</i> %		
28.32	REMLAT min night 2 <i>Field type:</i> Numeric field <i>Variable name:</i> REMLAT_min_2 <i>Field required:</i> Required <i>Measurement Unit:</i> min	<input type="text"/>	min
28.33	Stage shift index night 2 <i>Field type:</i> Numeric field <i>Variable name:</i> SSI_2 <i>Field required:</i> Required	<input type="text"/>	
28.34	Oxygen saturation artefact duration during sleep night 2 <i>Field type:</i> Numeric field <i>Variable name:</i> SPO2_artefact_2 <i>Field required:</i> Required <i>Measurement Unit:</i> min	<input type="text"/>	min

28.35	Oxygen desaturation index from night 2 <i>Field type:</i> Numeric field <i>Variable name:</i> ODI_2 <i>Field required:</i> Required	<input type="text"/>	
28.36	Pulse transit time artefact duration during sleep night 2 <i>Field type:</i> Numeric field <i>Variable name:</i> PTT_sleep_artefact_min_2 <i>Field required:</i> Required <i>Measurement Unit:</i> min	<input type="text"/>	min
28.37	Pulse transit time artefact duration during REM night 2 <i>Field type:</i> Numeric field <i>Variable name:</i> PTT_REM_artefact_min_2 <i>Field required:</i> Required <i>Measurement Unit:</i> min	<input type="text"/>	min
28.38	Pulse transit time artefact duration during non-REM night 2 <i>Field type:</i> Numeric field <i>Variable name:</i> PTT_NREM_artefact_min_2 <i>Field required:</i> Required <i>Measurement Unit:</i> min	<input type="text"/>	min
28.39	TST mean systolic BP night 2 <i>Field type:</i> Numeric field <i>Variable name:</i> TST_Sys_BP_2 <i>Field required:</i> Required <i>Measurement Unit:</i> mmHg	<input type="text"/>	mmHg
28.40	TST mean diastolic BP night 2 <i>Field type:</i> Numeric field <i>Variable name:</i> TST_Dia_BP_2 <i>Field required:</i> Required <i>Measurement Unit:</i> mmHg	<input type="text"/>	mmHg
28.41	NREM mean systolic BP night 2 <i>Field type:</i> Numeric field <i>Variable name:</i> NREM_Sys_BP_2 <i>Field required:</i> Required <i>Measurement Unit:</i> mmHg	<input type="text"/>	mmHg
28.42	NREM mean diastolic BP night 2 <i>Field type:</i> Numeric field <i>Variable name:</i> NREM_Dia_BP_2 <i>Field required:</i> Required <i>Measurement Unit:</i> mmHg	<input type="text"/>	mmHg
28.43	REM mean systolic BP night 2 <i>Field type:</i> Numeric field <i>Variable name:</i> REM_Sys_BP_2 <i>Field required:</i> Required <i>Measurement Unit:</i> mmHg	<input type="text"/>	mmHg
28.44	REM mean diastolic BP night 2 <i>Field type:</i> Numeric field <i>Variable name:</i> REM_Dia_BP_2 <i>Field required:</i> Required <i>Measurement Unit:</i> mmHg	<input type="text"/>	mmHg

28.45 Mean arterial pressure night 2
Field type: Calculation
Variable name: MAP_night_2
Field required: Not required

29. Follow-up - Pre sleep HRV, sleep assessment 2

Number	Question	Answers
29.1	Start and stop time of pre-sleep segment, night 2 <i>Field type:</i> Textfield <i>Variable name:</i> Time_PS_2 <i>Field required:</i> Required <i>Measurement Unit:</i> hh:mm:ss-hh:mm:ss	<input type="text"/> hh:mm:ss- <input type="text"/> hh:mm:ss
29.2	Artefact of pre-sleep segment, night 2 <i>Field type:</i> Numeric field <i>Variable name:</i> Artefact_PS_2 <i>Field required:</i> Required <i>Field min:</i> 0.00 <i>Field max:</i> 100.00 <i>Measurement Unit:</i> %	<input type="text"/> %
29.3	Mean heart rate, Pre-sleep, night 2 <i>Field type:</i> Numeric field <i>Variable name:</i> meanHR_PS_2 <i>Field required:</i> Required <i>Measurement Unit:</i> beats per min	<input type="text"/> beats per min
29.4	RMSSD Pre-sleep HRV night 2 <i>Field type:</i> Numeric field <i>Variable name:</i> RMSSD_PS_2 <i>Field required:</i> Required <i>Measurement Unit:</i> ms	<input type="text"/> ms
29.5	SDNN Pre-sleep HRV night 2 <i>Field type:</i> Numeric field <i>Variable name:</i> SDNN_PS_2 <i>Field required:</i> Required <i>Measurement Unit:</i> ms	<input type="text"/> ms
29.6	Total power, based on Lomb Scargle Periodogram, Pre-sleep, night 2 <i>Field type:</i> Numeric field <i>Variable name:</i> TP_LSP_PS_2 <i>Field required:</i> Required <i>Measurement Unit:</i> Hz	<input type="text"/> Hz
29.7	Low frequency power, based on Lomb Scargle Periodogram, Pre-sleep, night 2 <i>Field type:</i> Numeric field <i>Variable name:</i> LF_LSP_PS_2 <i>Field required:</i> Required <i>Measurement Unit:</i> Hz	<input type="text"/> Hz
29.8	High frequency power, based on Lomb Scargle Periodogram, Pre-sleep, night 2 <i>Field type:</i> Numeric field <i>Variable name:</i> HF_LSP_PS_2 <i>Field required:</i> Required <i>Measurement Unit:</i> Hz	<input type="text"/> Hz

29.9	LF/HF, based on Lomb Scargle Periodogram, Pre-sleep, night 2 <i>Field type:</i> Numeric field <i>Variable name:</i> LFHF_LSP_PS_2 <i>Field required:</i> Required	<input type="text"/>
29.10	Total power, based on Fast Fourier Transformation, Pre-sleep night 2 <i>Field type:</i> Numeric field <i>Variable name:</i> TP_FFT_PS_2 <i>Field required:</i> Required <i>Measurement Unit:</i> Hz	<input type="text"/> Hz
29.11	Low frequency power, based on Fast Fourier Transformation, Pre-sleep night 2 <i>Field type:</i> Numeric field <i>Variable name:</i> LF_FFT_PS_2 <i>Field required:</i> Required <i>Measurement Unit:</i> Hz	<input type="text"/> Hz
29.12	High frequency power, based on Fast Fourier Transformation, Pre-sleep night 2 <i>Field type:</i> Numeric field <i>Variable name:</i> HF_FFT_PS_2 <i>Field required:</i> Required <i>Measurement Unit:</i> Hz	<input type="text"/> Hz
29.13	LF/HF, based on Fast Fourier Transformation, Pre-sleep night 2 <i>Field type:</i> Numeric field <i>Variable name:</i> LFHF_FFT_PS_2 <i>Field required:</i> Required	<input type="text"/>

30. Follow-up - Nocturnal hour 1 HRV, sleep assessment 2

Number	Question	Answers
30.1	Start and stop time of nocturnal hour 1 segment, night 2 <i>Field type:</i> Textfield <i>Variable name:</i> Time_h1_2 <i>Field required:</i> Required <i>Measurement Unit:</i> hh:mm:ss-hh:mm:ss	<input type="text"/> hh:mm:ss- <input type="text"/> hh:mm:ss
30.2	Artefact of nocturnal hour 1 segment, night 2 <i>Field type:</i> Numeric field <i>Variable name:</i> Artefact_h1_2 <i>Field required:</i> Required <i>Field min:</i> 0.00 <i>Field max:</i> 100.00 <i>Measurement Unit:</i> %	<input type="text"/> %
30.3	Mean heart rate, nocturnal hour 1, night 2 <i>Field type:</i> Numeric field <i>Variable name:</i> meanHR_h1_2 <i>Field required:</i> Required <i>Measurement Unit:</i> beats per min	<input type="text"/> beats per min
30.4	RMSSD, Nocturnal hour 1, night 2 <i>Field type:</i> Numeric field <i>Variable name:</i> RMSSD_h1_2 <i>Field required:</i> Required <i>Measurement Unit:</i> ms	<input type="text"/> ms
30.5	SDNN, Nocturnal hour 1, night 2 <i>Field type:</i> Numeric field <i>Variable name:</i> SDNN_h1_2 <i>Field required:</i> Required <i>Measurement Unit:</i> ms	<input type="text"/> ms
30.6	SDANN, Nocturnal hour 1, night 2 <i>Field type:</i> Numeric field <i>Variable name:</i> SDANN_h1_2 <i>Field required:</i> Required <i>Measurement Unit:</i> ms	<input type="text"/> ms
30.7	Total power, based on Lomb Scargle Periodogram, Nocturnal hour 1, night 2 <i>Field type:</i> Numeric field <i>Variable name:</i> TP_LSP_h1_2 <i>Field required:</i> Required <i>Measurement Unit:</i> Hz	<input type="text"/> Hz
30.8	Low frequency power, based on Lomb Scargle Periodogram, Nocturnal hour 1, night 2 <i>Field type:</i> Numeric field <i>Variable name:</i> LF_LSP_h1_2 <i>Field required:</i> Required <i>Measurement Unit:</i> Hz	<input type="text"/> Hz

30.9	High frequency power, based on Lomb Scargle Periodogram, Nocturnal hour 1, night 2 <i>Field type:</i> Numeric field <i>Variable name:</i> HF_LSP_h1_2 <i>Field required:</i> Required <i>Measurement Unit:</i> Hz	<input type="text"/> Hz
30.10	LF/HF, based on Lomb Scargle Periodogram, Nocturnal hour 1, night 2 <i>Field type:</i> Numeric field <i>Variable name:</i> LFHF_LSP_h1_2 <i>Field required:</i> Required	<input type="text"/>
30.11	Total power, based on Fast Fourier Transformation, Nocturnal hour 1, night 2 <i>Field type:</i> Numeric field <i>Variable name:</i> TP_FFT_h1_2 <i>Field required:</i> Required <i>Measurement Unit:</i> Hz	<input type="text"/> Hz
30.12	Low frequency power, based on Fast Fourier Transformation, Nocturnal hour 1, night 1 <i>Field type:</i> Numeric field <i>Variable name:</i> LF_FFT_h1_2 <i>Field required:</i> Required <i>Measurement Unit:</i> Hz	<input type="text"/> Hz
30.13	High frequency power, based on Fast Fourier Transformation, Nocturnal hour 1, night 2 <i>Field type:</i> Numeric field <i>Variable name:</i> HF_FFT_h1_2 <i>Field required:</i> Required <i>Measurement Unit:</i> Hz	<input type="text"/> Hz
30.14	LF/HF, based on Fast Fourier Transformation, Nocturnal hour 1, night 2 <i>Field type:</i> Numeric field <i>Variable name:</i> LFHF_FFT_h1_2 <i>Field required:</i> Required	<input type="text"/>

31. Follow-up - Nocturnal hour 2 HRV, sleep assessment 2

Number	Question	Answers
31.1	Start and stop time of nocturnal hour 2 segment, night 2 <i>Field type:</i> Textfield <i>Variable name:</i> Time_h2_2 <i>Field required:</i> Required <i>Measurement Unit:</i> hh:mm:ss-hh:mm:ss	<input type="text"/> hh:mm:ss- <input type="text"/> hh:mm:ss
31.2	Artefact of nocturnal hour 2 segment, night 2 <i>Field type:</i> Numeric field <i>Variable name:</i> Artefact_h2_2 <i>Field required:</i> Required <i>Field min:</i> 0.00 <i>Field max:</i> 100.00 <i>Measurement Unit:</i> %	<input type="text"/> %
31.3	Mean heart rate, nocturnal hour 2, night 2 <i>Field type:</i> Numeric field <i>Variable name:</i> meanHR_h2_2 <i>Field required:</i> Required <i>Measurement Unit:</i> beats per min	<input type="text"/> beats per min
31.4	RMSSD, Nocturnal hour 2, night 2 <i>Field type:</i> Numeric field <i>Variable name:</i> RMSSD_h2_2 <i>Field required:</i> Required <i>Measurement Unit:</i> ms	<input type="text"/> ms
31.5	SDNN, Nocturnal hour 2, night 2 <i>Field type:</i> Numeric field <i>Variable name:</i> SDNN_h2_2 <i>Field required:</i> Required <i>Measurement Unit:</i> ms	<input type="text"/> ms
31.6	SDANN, Nocturnal hour 2, night 2 <i>Field type:</i> Numeric field <i>Variable name:</i> SDANN_h2_2 <i>Field required:</i> Required <i>Measurement Unit:</i> ms	<input type="text"/> ms
31.7	Total power, based on Lomb Scargle Periodogram, Nocturnal hour 2, night 2 <i>Field type:</i> Numeric field <i>Variable name:</i> TP_LSP_h2_2 <i>Field required:</i> Required <i>Measurement Unit:</i> Hz	<input type="text"/> Hz
31.8	Low frequency power, based on Lomb Scargle Periodogram, Nocturnal hour 2, night 2 <i>Field type:</i> Numeric field <i>Variable name:</i> LF_LSP_h2_2 <i>Field required:</i> Required <i>Measurement Unit:</i> Hz	<input type="text"/> Hz

31.9	High frequency power, based on Lomb Scargle Periodogram, Nocturnal hour 2, night 2 <i>Field type:</i> Numeric field <i>Variable name:</i> HF_LSP_h2_2 <i>Field required:</i> Required <i>Measurement Unit:</i> Hz	<input type="text"/>	Hz
31.10	LF/HF, based on Lomb Scargle Periodogram, Nocturnal hour 2, night 2 <i>Field type:</i> Numeric field <i>Variable name:</i> LFHF_LSP_h2_2 <i>Field required:</i> Required	<input type="text"/>	
31.11	Total power, based on Fast Fourier Transformation, Nocturnal hour 2, night 2 <i>Field type:</i> Numeric field <i>Variable name:</i> TP_FFT_h2_2 <i>Field required:</i> Required <i>Measurement Unit:</i> Hz	<input type="text"/>	Hz
31.12	Low frequency power, based on Fast Fourier Transformation, Nocturnal hour 2, night 2 <i>Field type:</i> Numeric field <i>Variable name:</i> LF_FFT_h2_2 <i>Field required:</i> Required <i>Measurement Unit:</i> Hz	<input type="text"/>	Hz
31.13	High frequency power, based on Fast Fourier Transformation, Nocturnal hour 2, night 2 <i>Field type:</i> Numeric field <i>Variable name:</i> HF_FFT_h2_2 <i>Field required:</i> Required <i>Measurement Unit:</i> Hz	<input type="text"/>	Hz
31.14	LF/HF, based on Fast Fourier Transformation, Nocturnal hour 2, night 2 <i>Field type:</i> Numeric field <i>Variable name:</i> LFHF_FFT_h2_2 <i>Field required:</i> Required	<input type="text"/>	

32. Follow-up - Nocturnal hour 3 HRV, sleep assessment 2

Number	Question	Answers
32.1	Start and stop time of nocturnal hour 3 segment, night 2 <i>Field type:</i> Textfield <i>Variable name:</i> Time_h3_2 <i>Field required:</i> Required <i>Measurement Unit:</i> hh:mm:ss-hh:mm:ss	<input type="text"/> hh:mm:ss- <input type="text"/> hh:mm:ss
32.2	Artefact of nocturnal hour 3 segment, night 2 <i>Field type:</i> Numeric field <i>Variable name:</i> Artefact_h3_2 <i>Field required:</i> Required <i>Field min:</i> 0.00 <i>Field max:</i> 100.00 <i>Measurement Unit:</i> %	<input type="text"/> %
32.3	Mean heart rate, nocturnal hour 3, night 2 <i>Field type:</i> Numeric field <i>Variable name:</i> meanHR_h3_2 <i>Field required:</i> Required <i>Measurement Unit:</i> beats per min	<input type="text"/> beats per min
32.4	RMSSD, Nocturnal hour 3, night 2 <i>Field type:</i> Numeric field <i>Variable name:</i> RMSSD_h3_2 <i>Field required:</i> Required <i>Measurement Unit:</i> ms	<input type="text"/> ms
32.5	SDNN, Nocturnal hour 3, night 2 <i>Field type:</i> Numeric field <i>Variable name:</i> SDNN_h3_2 <i>Field required:</i> Required <i>Measurement Unit:</i> ms	<input type="text"/> ms
32.6	SDANN, Nocturnal hour 3, night 2 <i>Field type:</i> Numeric field <i>Variable name:</i> SDANN_h3_2 <i>Field required:</i> Required <i>Measurement Unit:</i> ms	<input type="text"/> ms
32.7	Total power, based on Lomb Scargle Periodogram, Nocturnal hour 3, night 2 <i>Field type:</i> Numeric field <i>Variable name:</i> TP_LSP_h3_2 <i>Field required:</i> Required <i>Measurement Unit:</i> Hz	<input type="text"/> Hz
32.8	Low frequency power, based on Lomb Scargle Periodogram, Nocturnal hour 3, night 2 <i>Field type:</i> Numeric field <i>Variable name:</i> LF_LSP_h3_2 <i>Field required:</i> Required <i>Measurement Unit:</i> Hz	<input type="text"/> Hz

32.9	High frequency power, based on Lomb Scargle Periodogram, Nocturnal hour 3, night 2 <i>Field type:</i> Numeric field <i>Variable name:</i> HF_LSP_h3_2 <i>Field required:</i> Required <i>Measurement Unit:</i> Hz	<input type="text"/> Hz
32.10	LF/HF, based on Lomb Scargle Periodogram, Nocturnal hour 3, night 2 <i>Field type:</i> Numeric field <i>Variable name:</i> LFHF_LSP_h3_2 <i>Field required:</i> Required	<input type="text"/>
32.11	Total power, based on Fast Fourier Transformation, Nocturnal hour 3, night 2 <i>Field type:</i> Numeric field <i>Variable name:</i> TP_FFT_h3_2 <i>Field required:</i> Required <i>Measurement Unit:</i> Hz	<input type="text"/> Hz
32.12	Low frequency power, based on Fast Fourier Transformation, Nocturnal hour 3, night 2 <i>Field type:</i> Numeric field <i>Variable name:</i> LF_FFT_h3_2 <i>Field required:</i> Required <i>Measurement Unit:</i> Hz	<input type="text"/> Hz
32.13	High frequency power, based on Fast Fourier Transformation, Nocturnal hour 3, night 2 <i>Field type:</i> Numeric field <i>Variable name:</i> HF_FFT_h3_2 <i>Field required:</i> Required <i>Measurement Unit:</i> Hz	<input type="text"/> Hz
32.14	LF/HF, based on Fast Fourier Transformation, Nocturnal hour 3, night 2 <i>Field type:</i> Numeric field <i>Variable name:</i> LFHF_FFT_h3_2 <i>Field required:</i> Required	<input type="text"/>

33. Follow-up - Nocturnal hour 4 HRV, sleep assessment 2

Number	Question	Answers
33.1	Start and stop time of nocturnal hour 4 segment, night 2 <i>Field type:</i> Textfield <i>Variable name:</i> Time_h4_2 <i>Field required:</i> Required <i>Measurement Unit:</i> hh:mm:ss-hh:mm:ss	<input type="text"/> hh:mm:ss- <input type="text"/> hh:mm:ss
33.2	Artefact of nocturnal hour 4 segment, night 2 <i>Field type:</i> Numeric field <i>Variable name:</i> Artefact_h4_2 <i>Field required:</i> Required <i>Field min:</i> 0.00 <i>Field max:</i> 100.00 <i>Measurement Unit:</i> %	<input type="text"/> %
33.3	Mean heart rate, nocturnal hour 4, night 2 <i>Field type:</i> Numeric field <i>Variable name:</i> meanHR_h4_2 <i>Field required:</i> Required <i>Measurement Unit:</i> beats per min	<input type="text"/> beats per min
33.4	RMSSD, Nocturnal hour 4, night 2 <i>Field type:</i> Numeric field <i>Variable name:</i> RMSSD_h4_2 <i>Field required:</i> Required <i>Measurement Unit:</i> ms	<input type="text"/> ms
33.5	SDNN, Nocturnal hour 4, night 2 <i>Field type:</i> Numeric field <i>Variable name:</i> SDNN_h4_2 <i>Field required:</i> Required <i>Measurement Unit:</i> ms	<input type="text"/> ms
33.6	SDANN, Nocturnal hour 4, night 2 <i>Field type:</i> Numeric field <i>Variable name:</i> SDANN_h4_2 <i>Field required:</i> Required <i>Measurement Unit:</i> ms	<input type="text"/> ms
33.7	Total power, based on Lomb Scargle Periodogram, Nocturnal hour 4, night 2 <i>Field type:</i> Numeric field <i>Variable name:</i> TP_LSP_h4_2 <i>Field required:</i> Required <i>Measurement Unit:</i> Hz	<input type="text"/> Hz
33.8	Low frequency power, based on Lomb Scargle Periodogram, Nocturnal hour 4, night 2 <i>Field type:</i> Numeric field <i>Variable name:</i> LF_LSP_h4_2 <i>Field required:</i> Required <i>Measurement Unit:</i> Hz	<input type="text"/> Hz

33.9	High frequency power, based on Lomb Scargle Periodogram, Nocturnal hour 4, night 2 <i>Field type:</i> Numeric field <i>Variable name:</i> HF_LSP_h4_2 <i>Field required:</i> Required <i>Measurement Unit:</i> Hz	<input type="text"/> Hz
33.10	LF/HF, based on Lomb Scargle Periodogram, Nocturnal hour 4, night 2 <i>Field type:</i> Numeric field <i>Variable name:</i> LFHF_LSP_h4_2 <i>Field required:</i> Required	<input type="text"/>
33.11	Total power, based on Fast Fourier Transformation, Nocturnal hour 4, night 2 <i>Field type:</i> Numeric field <i>Variable name:</i> TP_FFT_h4_2 <i>Field required:</i> Required <i>Measurement Unit:</i> Hz	<input type="text"/> Hz
33.12	Low frequency power, based on Fast Fourier Transformation, Nocturnal hour 4, night 2 <i>Field type:</i> Numeric field <i>Variable name:</i> LF_FFT_h4_2 <i>Field required:</i> Required <i>Measurement Unit:</i> Hz	<input type="text"/> Hz
33.13	High frequency power, based on Fast Fourier Transformation, Nocturnal hour 4, night 2 <i>Field type:</i> Numeric field <i>Variable name:</i> HF_FFT_h4_2 <i>Field required:</i> Required <i>Measurement Unit:</i> Hz	<input type="text"/> Hz
33.14	LF/HF, based on Fast Fourier Transformation, Nocturnal hour 4, night 2 <i>Field type:</i> Numeric field <i>Variable name:</i> LFHF_FFT_h4_2 <i>Field required:</i> Required	<input type="text"/>

34. Follow-up - Nocturnal hour 5 HRV, sleep assessment 2

Number	Question	Answers
34.1	Start and stop time of nocturnal hour 5 segment, night 2 <i>Field type:</i> Textfield <i>Variable name:</i> Time_h5_2 <i>Field required:</i> Required <i>Measurement Unit:</i> hh:mm:ss-hh:mm:ss	<input type="text"/> hh:mm:ss- <input type="text"/> hh:mm:ss
34.2	Artefact of nocturnal hour 5 segment, night 2 <i>Field type:</i> Numeric field <i>Variable name:</i> Artefact_h5_2 <i>Field required:</i> Required <i>Field min:</i> 0.00 <i>Field max:</i> 100.00 <i>Measurement Unit:</i> %	<input type="text"/> %
34.3	Mean heart rate, nocturnal hour 5, night 2 <i>Field type:</i> Numeric field <i>Variable name:</i> meanHR_h5_2 <i>Field required:</i> Required <i>Measurement Unit:</i> beats per min	<input type="text"/> beats per min
34.4	RMSSD, Nocturnal hour 5, night 2 <i>Field type:</i> Numeric field <i>Variable name:</i> RMSSD_h5_2 <i>Field required:</i> Required <i>Measurement Unit:</i> ms	<input type="text"/> ms
34.5	SDNN, Nocturnal hour 5, night 2 <i>Field type:</i> Numeric field <i>Variable name:</i> SDNN_h5_2 <i>Field required:</i> Required <i>Measurement Unit:</i> ms	<input type="text"/> ms
34.6	SDANN, Nocturnal hour 5, night 2 <i>Field type:</i> Numeric field <i>Variable name:</i> SDANN_h5_2 <i>Field required:</i> Required <i>Measurement Unit:</i> ms	<input type="text"/> ms
34.7	Total power, based on Lomb Scargle Periodogram, Nocturnal hour 5, night 2 <i>Field type:</i> Numeric field <i>Variable name:</i> TP_LSP_h5_2 <i>Field required:</i> Required <i>Measurement Unit:</i> Hz	<input type="text"/> Hz
34.8	Low frequency power, based on Lomb Scargle Periodogram, Nocturnal hour 5, night 2 <i>Field type:</i> Numeric field <i>Variable name:</i> LF_LSP_h5_2 <i>Field required:</i> Required <i>Measurement Unit:</i> Hz	<input type="text"/> Hz

34.9	High frequency power, based on Lomb Scargle Periodogram, Nocturnal hour 5, night 2 <i>Field type:</i> Numeric field <i>Variable name:</i> HF_LSP_h5_2 <i>Field required:</i> Required <i>Measurement Unit:</i> Hz	<input type="text"/>	Hz
34.10	LF/HF, based on Lomb Scargle Periodogram, Nocturnal hour 5, night 2 <i>Field type:</i> Numeric field <i>Variable name:</i> LFHF_LSP_h5_2 <i>Field required:</i> Required	<input type="text"/>	
34.11	Total power, based on Fast Fourier Transformation, Nocturnal hour 5, night 2 <i>Field type:</i> Numeric field <i>Variable name:</i> TP_FFT_h5_2 <i>Field required:</i> Required <i>Measurement Unit:</i> Hz	<input type="text"/>	Hz
34.12	Low frequency power, based on Fast Fourier Transformation, Nocturnal hour 5, night 2 <i>Field type:</i> Numeric field <i>Variable name:</i> LF_FFT_h5_2 <i>Field required:</i> Required <i>Measurement Unit:</i> Hz	<input type="text"/>	Hz
34.13	High frequency power, based on Fast Fourier Transformation, Nocturnal hour 5, night 2 <i>Field type:</i> Numeric field <i>Variable name:</i> HF_FFT_h5_2 <i>Field required:</i> Required <i>Measurement Unit:</i> Hz	<input type="text"/>	Hz
34.14	LF/HF, based on Fast Fourier Transformation, Nocturnal hour 5, night 2 <i>Field type:</i> Numeric field <i>Variable name:</i> LFHF_FFT_h5_2 <i>Field required:</i> Required	<input type="text"/>	

35. Follow-up - Nocturnal hour 6 HRV, sleep assessment 2

Number	Question	Answers
35.1	Start and stop time of nocturnal hour 6 segment, night 2 <i>Field type:</i> Textfield <i>Variable name:</i> Time_h6_2 <i>Field required:</i> Required <i>Measurement Unit:</i> hh:mm:ss-hh:mm:ss	<input type="text"/> hh:mm:ss- <input type="text"/> hh:mm:ss
35.2	Artefact of nocturnal hour 6 segment, night 2 <i>Field type:</i> Numeric field <i>Variable name:</i> Artefact_h6_2 <i>Field required:</i> Required <i>Field min:</i> 0.00 <i>Field max:</i> 100.00 <i>Measurement Unit:</i> %	<input type="text"/> %
35.3	Mean heart rate, nocturnal hour 6, night 2 <i>Field type:</i> Numeric field <i>Variable name:</i> meanHR_h6_2 <i>Field required:</i> Required <i>Measurement Unit:</i> beats per min	<input type="text"/> beats per min
35.4	RMSSD, Nocturnal hour 6, night 2 <i>Field type:</i> Numeric field <i>Variable name:</i> RMSSD_h6_2 <i>Field required:</i> Required <i>Measurement Unit:</i> ms	<input type="text"/> ms
35.5	SDNN, Nocturnal hour 6, night 2 <i>Field type:</i> Numeric field <i>Variable name:</i> SDNN_h6_2 <i>Field required:</i> Required <i>Measurement Unit:</i> ms	<input type="text"/> ms
35.6	SDANN, Nocturnal hour 6, night 2 <i>Field type:</i> Numeric field <i>Variable name:</i> SDANN_h6_2 <i>Field required:</i> Required <i>Measurement Unit:</i> ms	<input type="text"/> ms
35.7	Total power, based on Lomb Scargle Periodogram, Nocturnal hour 6, night 2 <i>Field type:</i> Numeric field <i>Variable name:</i> TP_LSP_h6_2 <i>Field required:</i> Required <i>Measurement Unit:</i> Hz	<input type="text"/> Hz
35.8	Low frequency power, based on Lomb Scargle Periodogram, Nocturnal hour 6, night 2 <i>Field type:</i> Numeric field <i>Variable name:</i> LF_LSP_h6_2 <i>Field required:</i> Required <i>Measurement Unit:</i> Hz	<input type="text"/> Hz

35.9	High frequency power, based on Lomb Scargle Periodogram, Nocturnal hour 6, night 2 <i>Field type:</i> Numeric field <i>Variable name:</i> HF_LSP_h6_2 <i>Field required:</i> Required <i>Measurement Unit:</i> Hz	<input type="text"/> Hz
35.10	LF/HF, based on Lomb Scargle Periodogram, Nocturnal hour 6, night 2 <i>Field type:</i> Numeric field <i>Variable name:</i> LFHF_LSP_h6_2 <i>Field required:</i> Required	<input type="text"/>
35.11	Total power, based on Fast Fourier Transformation, Nocturnal hour 6, night 2 <i>Field type:</i> Numeric field <i>Variable name:</i> TP_FFT_h6_2 <i>Field required:</i> Required <i>Measurement Unit:</i> Hz	<input type="text"/> Hz
35.12	Low frequency power, based on Fast Fourier Transformation, Nocturnal hour 6, night 2 <i>Field type:</i> Numeric field <i>Variable name:</i> LF_FFT_h6_2 <i>Field required:</i> Required <i>Measurement Unit:</i> Hz	<input type="text"/> Hz
35.13	High frequency power, based on Fast Fourier Transformation, Nocturnal hour 6, night 2 <i>Field type:</i> Numeric field <i>Variable name:</i> HF_FFT_h6_2 <i>Field required:</i> Required <i>Measurement Unit:</i> Hz	<input type="text"/> Hz
35.14	LF/HF, based on Fast Fourier Transformation, Nocturnal hour 6, night 2 <i>Field type:</i> Numeric field <i>Variable name:</i> LFHF_FFT_h6_2 <i>Field required:</i> Required	<input type="text"/>

36. Follow-up - Morning HRV, sleep assessment 2

Number	Question	Answers
36.1	Start and stop time of morning segment, night 2 <i>Field type:</i> Textfield <i>Variable name:</i> Time_m_2 <i>Field required:</i> Required <i>Measurement Unit:</i> hh:mm:ss-hh:mm:ss	<input type="text"/> hh:mm:ss- <input type="text"/> hh:mm:ss
36.2	Artefact of morning segment, night 2 <i>Field type:</i> Numeric field <i>Variable name:</i> Artefact_m_2 <i>Field required:</i> Required <i>Field min:</i> 0.00 <i>Field max:</i> 100.00 <i>Measurement Unit:</i> %	<input type="text"/> %
36.3	Mean heart rate, morning, night 2 <i>Field type:</i> Numeric field <i>Variable name:</i> meanHR_m_2 <i>Field required:</i> Required <i>Measurement Unit:</i> beats per min	<input type="text"/> beats per min
36.4	RMSSD morning HRV night 2 <i>Field type:</i> Numeric field <i>Variable name:</i> RMSSD_m_2 <i>Field required:</i> Required <i>Measurement Unit:</i> ms	<input type="text"/> ms
36.5	SDNN morning HRV night 2 <i>Field type:</i> Numeric field <i>Variable name:</i> SDNN_m_2 <i>Field required:</i> Required <i>Measurement Unit:</i> ms	<input type="text"/> ms
36.6	Total power, based on Lomb Scargle Periodogram, morning, night 2 <i>Field type:</i> Numeric field <i>Variable name:</i> TP_LSP_m_2 <i>Field required:</i> Required <i>Measurement Unit:</i> Hz	<input type="text"/> Hz
36.7	Low frequency power, based on Lomb Scargle Periodogram, morning, night 2 <i>Field type:</i> Numeric field <i>Variable name:</i> LF_LSP_m_2 <i>Field required:</i> Required <i>Measurement Unit:</i> Hz	<input type="text"/> Hz
36.8	High frequency power, based on Lomb Scargle Periodogram, morning, night 2 <i>Field type:</i> Numeric field <i>Variable name:</i> HF_LSP_m_2 <i>Field required:</i> Required <i>Measurement Unit:</i> Hz	<input type="text"/> Hz

36.9	LF/HF, based on Lomb Scargle Periodogram, morning, night 2 <i>Field type:</i> Numeric field <i>Variable name:</i> LFHF_LSP_m_2 <i>Field required:</i> Required	<input type="text"/>
36.10	Total power, based on Fast Fourier Transformation, morning, night 2 <i>Field type:</i> Numeric field <i>Variable name:</i> TP_FFT_m_2 <i>Field required:</i> Required <i>Measurement Unit:</i> Hz	<input type="text"/> Hz
36.11	Low frequency power, based on Fast Fourier Transformation, morning, night 2 <i>Field type:</i> Numeric field <i>Variable name:</i> LF_FFT_m_2 <i>Field required:</i> Required <i>Measurement Unit:</i> Hz	<input type="text"/> Hz
36.12	High frequency power, based on Fast Fourier Transformation, morning, night 2 <i>Field type:</i> Numeric field <i>Variable name:</i> HF_FFT_m_2 <i>Field required:</i> Required <i>Measurement Unit:</i> Hz	<input type="text"/> Hz
36.13	LF/HF, based on Fast Fourier Transformation, morning, night 2 <i>Field type:</i> Numeric field <i>Variable name:</i> LFHF_FFT_m_2 <i>Field required:</i> Required	<input type="text"/>

37. Follow-up - Pre-sleep arousal scale

Number	Question	Answers
37.1	PSAS somatic night 2 <i>Field type:</i> Calculation <i>Variable name:</i> PSAS_som_2 <i>Field required:</i> Not required <i>Field min:</i> 8.00 <i>Field max:</i> 40.00	
37.2	PSAS cognitive night 2 <i>Field type:</i> Calculation <i>Variable name:</i> PSAS_cog_2 <i>Field required:</i> Not required <i>Field min:</i> 7.00 <i>Field max:</i> 35.00	

38. Follow-up - Schlafragebogen A follow-up

Number	Question	Answers
38.1	Schlafragebogen A 23d night 2 <i>Field type:</i> Calculation <i>Variable name:</i> SFA_23d_2 <i>Field required:</i> Not required <i>Field min:</i> 1.00 <i>Field max:</i> 5.00	
38.2	Schlafragebogen A Allgemeine Schlafcharakterisierung night 2 <i>Field type:</i> Calculation <i>Variable name:</i> SFA_ASC_2 <i>Field required:</i> Not required	
38.3	Schlafragebogen A Vorzeitiges Aufwachen night 2 <i>Field type:</i> Calculation <i>Variable name:</i> SFA_VZA_2 <i>Field required:</i> Not required	
38.4	Schlafragebogen A Durchschlafschwierigkeiten night 2 <i>Field type:</i> Calculation <i>Variable name:</i> SFA_DSS_2 <i>Field required:</i> Not required	
38.5	Schlafragebogen A Einschlafschwierigkeiten night 2 <i>Field type:</i> Calculation <i>Variable name:</i> SFA_ESS_2 <i>Field required:</i> Not required	
38.6	Schlafragebogen A Schlafqualität night 2 <i>Field type:</i> Calculation <i>Variable name:</i> SFA_SQ_2 <i>Field required:</i> Not required <i>Field min:</i> 1.00 <i>Field max:</i> 5.00	
38.7	Schlafragebogen A Gefühl des Erholtseins nach dem Schlaf night 2 <i>Field type:</i> Calculation <i>Variable name:</i> SFA_GES_2 <i>Field required:</i> Not required <i>Field min:</i> 1.00 <i>Field max:</i> 5.00	
38.8	Schlafragebogen A Psychomotorische Symptome in der Schlafphase night 2 <i>Field type:</i> Calculation <i>Variable name:</i> SFA_PSS_2 <i>Field required:</i> Not required <i>Field min:</i> 1.00 <i>Field max:</i> 5.00	

38.9 Schlafragebogen A Gesamtschlafdauer (Stunden) night 2
Field type: Calculation
Variable name: SFA_GSD_2
Field required: Not required
Field min: 1.00
Field max: 5.00

38.10 Schlafragebogen A Psychische Ausgeglichenheit vor dem
Schlafengehen night 2
Field type: Calculation
Variable name: SFA_PSYA_2
Field required: Not required
Field min: 1.00
Field max: 5.00

38.11 Schlafragebogen A Psychisches Erschöpftsein vor dem
Schlafengehen night 2
Field type: Calculation
Variable name: SFA_PSYE_2
Field required: Not required
Field min: 1.00
Field max: 5.00

39. Day 5 - Daytime sleepiness 0800 hrs

Number	Question	Answers
39.1	Daytime sleepiness 0800 hrs <i>Field type:</i> Calculation <i>Variable name:</i> SSS_0800hrs <i>Field required:</i> Not required	

40. Day 5 - Daytime sleepiness 1200 hrs

Number	Question	Answers
40.1	Daytime sleepiness 1200 hrs <i>Field type:</i> Calculation <i>Variable name:</i> SSS_1200hrs <i>Field required:</i> Not required	

41. Day 5 - Daytime sleepiness 1600 hrs

Number	Question	Answers
41.1	Daytime sleepiness 1600 hrs <i>Field type:</i> Calculation <i>Variable name:</i> SSS_1600hrs <i>Field required:</i> Not required	



42. Day 5 - Daytime sleepiness 2000 hrs

Number	Question	Answers
42.1	<p>Daytime sleepiness 2000 hrs <i>Field type:</i> Radiobutton <i>Variable name:</i> SSS_2000hrs <i>Field required:</i> Not required <i>Option group name:</i> SSS</p>	<ul style="list-style-type: none"><input type="radio"/> Fühle mich aktiv und vital; vollkommen wach<input type="radio"/> Bin voll da, jedoch nicht auf den Höhepunkt; kann mich konzentrieren<input type="radio"/> Entspannt; wach; nicht voll aufmerksam, ansprechbar<input type="radio"/> Etwas dösig; nicht auf dem Höhepunkt; etwas schlapp<input type="radio"/> Dösig; verliere das Interesse, wach zu bleiben; verlangsamt<input type="radio"/> Schläfrig; möchte mich hinlegen; kämpfe gegen den Schlaf; benebelt<input type="radio"/> Fast träumend; schlafe bald ein; kein Bemühen mehr, wach zu bleibe

43. Days 3-5 - Adherence

Number	Question	Answers
43.1	<p>Name of vivofit wristband</p> <p>SM02: mobigame2016@gmail.com & Mobigame_SM02</p> <p>SM03: mobigamesm03@gmail.com & Mobigame_SM03</p> <p>SM01 (nur in Reserve): mobigamesm01@gmail.com & Mobigame_SM01</p> <p><i>Field type:</i> Dropdown</p> <p><i>Variable name:</i> Vivofit_name</p> <p><i>Field required:</i> Required</p> <p><i>Option group name:</i> Vivofit name</p>	<p><input type="radio"/> SM01</p> <p><input type="radio"/> SM02</p> <p><input type="radio"/> SM03</p>
43.2	<p>Steps on day 3</p> <p><i>Field type:</i> Numeric field</p> <p><i>Variable name:</i> Steps_day3</p> <p><i>Field required:</i> Required</p>	<input type="text"/>
43.3	<p>Steps on day 4</p> <p><i>Field type:</i> Numeric field</p> <p><i>Variable name:</i> Steps_day4</p> <p><i>Field required:</i> Required</p>	<input type="text"/>
43.4	<p>Steps on day 5</p> <p><i>Field type:</i> Numeric field</p> <p><i>Variable name:</i> Steps_day5</p> <p><i>Field required:</i> Required</p>	<input type="text"/>

44. Any point during trial - Retention

Number	Question	Answers
44.1	Dropout of patient <i>Field type:</i> Radiobutton <i>Variable name:</i> Patient_dropout <i>Field required:</i> Not required <i>Option group name:</i> Yes/No	<input type="radio"/> Yes <input type="radio"/> No
44.1.1	<i>If 'Dropout of patient' is equal to 'Yes' answer this question:</i> Patient's reason for dropout <i>Field type:</i> Multiline Textfield <i>Variable name:</i> Patient_dropout_reason <i>Field required:</i> Not required	
44.2	Withdrawal from PI <i>Field type:</i> Radiobutton <i>Variable name:</i> PI_withdrew <i>Field required:</i> Not required <i>Option group name:</i> Yes/No	<input type="radio"/> Yes <input type="radio"/> No
44.2.1	<i>If 'Withdrawal from PI' is equal to 'Yes' answer this question:</i> PI's reason for withdrawal <i>Field type:</i> Multiline Textfield <i>Variable name:</i> PI_withdrawal_reason <i>Field required:</i> Not required	

45. Any point during trial - Serious Adverse Event

Number	Question	Answers
45.1	Serious Adverse Event <i>Field type:</i> Add report button <i>Variable name:</i> <i>Field required:</i> Not required	