

**Supplementary Table 1. Sleep diary and actigraph measures in waitlist-group subjects re-randomized after 12-week waiting period**

Variables	Combined (n=13)	Within-group effect size <sup>b</sup>	Acupuncture Only (n=13)	Within-group effect size <sup>b</sup>	P-value <sup>c</sup>
	Estimated mean $\pm$ SE <sup>a</sup>		Estimated mean $\pm$ SE <sup>a</sup>		
<u>Sleep-diary SE</u>					
Baseline	64.3 $\pm$ 4.5		61.7 $\pm$ 4.6		
1-week posttreatment	71.4 $\pm$ 4.5	0.44	64.9 $\pm$ 4.6	0.19	0.46
4-week posttreatment	75.4 $\pm$ 4.3	0.70	66.7 $\pm$ 4.5	0.30	0.05
13-week posttreatment	74.6 $\pm$ 4.3	0.65	70.0 $\pm$ 4.3	0.52	0.36
<u>Sleep-diary TST</u>					
Baseline	305.4 $\pm$ 25.3		305.4 $\pm$ 25.7		
1-week posttreatment	355.0 $\pm$ 25.3	0.54	318.2 $\pm$ 25.7	0.14	0.18
4-week posttreatment	373.0 $\pm$ 24.4	0.76	326.6 $\pm$ 25.5	0.23	0.04
13-week posttreatment	349.5 $\pm$ 24.0	0.50	336.1 $\pm$ 24.1	0.34	0.22
<u>Actigraphy SE</u>					
Baseline	72.4 $\pm$ 2.8		83.0 $\pm$ 2.9		
1-week posttreatment	74.5 $\pm$ 2.9	0.20	81.4 $\pm$ 2.8	-0.15	0.81
4-week posttreatment	75.7 $\pm$ 3.0	0.32	80.5 $\pm$ 3.0	-0.23	0.11
13-week posttreatment	72.1 $\pm$ 3.1	-0.03	79.8 $\pm$ 3.3	-0.29	0.63
<u>Actigraphy TST</u>					
Baseline	348.8 $\pm$ 20.8		407.0 $\pm$ 21.8		
1-week posttreatment	374.5 $\pm$ 22.2	0.33	401.9 $\pm$ 20.8	-0.07	0.30
4-week posttreatment	369.7 $\pm$ 22.1	0.27	403.4 $\pm$ 22.1	-0.05	0.23
13-week posttreatment	334.0 $\pm$ 22.9	-0.19	366.9 $\pm$ 26.8	-0.46	0.55

Abbreviations: SE, sleep efficiency; TST, total sleep time;

<sup>a</sup> Estimated mean and standard error from linear mixed-effects model adjusted for last assessment time.

<sup>b</sup> Effect size calculation was based on the estimated mean and standard error.

<sup>c</sup> P-value for group by time interaction using linear mixed-effects models.

**Supplementary Table 2. Insomnia Severity Index (ISI), Pittsburgh Sleep Quality Index (PSQI) and Hospital Anxiety and Depression Scale (HADS) scores in waitlist-group subjects re-randomized after 12-week waiting period.**

Variables	Combined (n=13)	Within-group effect size <sup>b</sup>	Acupuncture Only (n=13)	Within-group effect size <sup>b</sup>	P-value <sup>c</sup>
	Estimated mean $\pm$ SE <sup>a</sup>		Estimated mean $\pm$ SE <sup>a</sup>		
<u>ISI</u>					
Baseline	18.2 $\pm$ 1.3		20.7 $\pm$ 1.3		
1-week posttreatment	14.8 $\pm$ 1.3	0.73	17.2 $\pm$ 1.1	0.80	0.97
4-week posttreatment	12.7 $\pm$ 1.4	1.14	17.6 $\pm$ 1.5	0.62	0.27
13-week posttreatment	13.2 $\pm$ 1.3	1.06	16.1 $\pm$ 1.3	0.99	0.74
<u>PSQI</u>					
Baseline	13.4 $\pm$ 0.7		14.0 $\pm$ 0.7		
1-week posttreatment	10.1 $\pm$ 0.8	1.22	12.5 $\pm$ 0.7	0.56	0.04
4-week posttreatment	9.8 $\pm$ 0.8	1.33	12.9 $\pm$ 0.8	0.39	0.03
13-week posttreatment	8.3 $\pm$ 0.8	1.91	12.0 $\pm$ 0.7	0.80	0.001 <sup>d</sup>
<u>HADS-Anxiety</u>					
Baseline	7.9 $\pm$ 1.1		7.5 $\pm$ 1.0		
1-week posttreatment	8.9 $\pm$ 1.0	0.28	6.4 $\pm$ 1.0	0.29	0.97
4-week posttreatment	7.1 $\pm$ 1.1	0.20	7.0 $\pm$ 1.1	0.12	0.24
13-week posttreatment	6.4 $\pm$ 1.1	0.37	6.8 $\pm$ 1.1	0.17	0.07
<u>HADS-Depression</u>					
Baseline	9.5 $\pm$ 1.3		6.9 $\pm$ 1.3		
1-week posttreatment	7.0 $\pm$ 1.33	0.53	6.2 $\pm$ 1.3	0.15	0.12
4-week posttreatment	6.6 $\pm$ 1.3	0.61	6.3 $\pm$ 1.4	0.13	0.19
13-week posttreatment	6.6 $\pm$ 1.4	0.60	6.5 $\pm$ 1.4	0.09	0.14

<sup>a</sup> Estimated mean and standard error from linear mixed-effects model adjusted for last assessment time.

<sup>b</sup> Effect size calculation was based on the estimated mean and standard error.

<sup>c</sup> P-value for group by time interaction using linear mixed-effects models.

<sup>d</sup> Remain significant upon Bonferroni adjustment ( $p < .05/3 = .017$ )

**Supplementary Table 3. Sheehan Disability Scale (SDS), Epworth Sleepiness Scale (ESS) and Multidimensional Fatigue Inventory (MFI) scores across study time points in in waitlist-group subjects re-randomized after 12-week waiting period.**

Variables	Combined (n=13)	Within-group effect size <sup>b</sup>	Acupuncture Only (n=13)	Within-group effect size <sup>b</sup>	P-value <sup>c</sup>
	Estimated mean ± SE <sup>a</sup>		Estimated mean ± SE <sup>a</sup>		
<u>SDS</u>					
Baseline	15.2 ± 2.2		14.7 ± 2.2		
1-week posttreatment	11.4 ± 2.3	0.46	12.3 ± 2.2	0.30	0.56
4-week posttreatment	11.7 ± 2.3	0.43	12.4 ± 2.4	0.27	0.72
13-week posttreatment	9.1 ± 2.6	0.71	11.3 ± 2.5	0.40	0.39
<u>ESS</u>					
Baseline	9.4 ± 1.8		7.3 ± 1.8		
1-week posttreatment	9.5 ± 1.9	-0.01	8.3 ± 1.9	-0.14	0.51
4-week posttreatment	8.9 ± 1.9	0.07	7.9 ± 2.0	-0.08	0.50
13-week posttreatment	9.6 ± 2.0	-0.03	8.5 ± 2.0	-0.18	0.64
<u>Total MFI scores</u>					
Baseline	69.6 ± 3.4		68.2 ± 3.4		
1-week posttreatment	68.2 ± 3.8	0.11	68.1 ± 3.5	0.01	0.83
4-week posttreatment	64.1 ± 3.1	0.47	66.5 ± 3.2	0.15	0.33
13-week posttreatment	57.9 ± 3.6	0.93	66.6 ± 3.4	0.13	0.07

<sup>a</sup> Estimated mean and standard error from linear mixed-effects model adjusted for last assessment time.

<sup>b</sup> Effect size calculation was based on the estimated mean and standard error.

<sup>c</sup> P-value for group by time interaction using linear mixed-effects models.