

## RECOVER-SLEEP: Complex Sleep Disturbances Participant Schedule

This schedule summarizes the study activities for participants assigned to the Complex Sleep Disturbances group. You will complete the study interventions and activities listed here.

Keep this schedule in a safe place so you can refer to it throughout the study.

### STUDY ACTIVITIES: 13 Weeks (About 3 Months Total)

#### Screening and Baseline Period: 1 Week

Screening assessments will take about 5 hours

Randomization Visit (about 3 to 5 hours)	Information	Assessments	Receive
<p><b>Date:</b> _____</p> <p>Some of the activities are phone and internet-based and can be completed at home.</p>	<ul style="list-style-type: none"> <li>Review current medicines</li> <li>Review study requirements</li> <li>After this visit, complete a survey about how you are feeling</li> </ul>	<ul style="list-style-type: none"> <li>Surveys</li> <li>Sleep symptoms and habits</li> <li>Attention and thinking speed test</li> <li>Blood sample</li> <li>Nasal swab sample</li> <li>Check-in</li> <li>Pregnancy test, if applicable</li> </ul>	<ul style="list-style-type: none"> <li>Study drug</li> <li>Wearable light sensor</li> <li>Activity tracker</li> <li>Table lamp</li> <li>Light bulbs</li> <li>Timer</li> <li>Information on brief behavioral treatment (RESET-PASC)</li> <li>At-home stool (poop) sample kit</li> <li>Sleep Diary (if using paper format)</li> </ul>

#### Pre-Study Intervention Period: 1 Week

<p><b>From</b> _____ <b>to</b> _____</p>	<ul style="list-style-type: none"> <li>Have a phone call that will last around 1 hour with a study team member who will guide you in setting up the light sensor, table lamp, light bulbs, and timer.</li> </ul> <p><b>For 7 days before you begin the study interventions at home</b></p> <ul style="list-style-type: none"> <li>Wear the light sensor to record your exposure to light</li> <li>Wear the activity tracker to record your rest and activity</li> <li>Fill out Sleep Diary 1 (online or on paper) to record the time you spent sleeping and napping and the quality of your sleep</li> <li>Discuss your desired sleep-wake schedule with trained study staff</li> </ul>
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## Study Intervention Period: 8 Weeks (2 Months)

<p><b>Complete Study Interventions</b></p> <p>From _____ to _____</p>	<ul style="list-style-type: none"> <li>• Take the study drug by mouth daily</li> <li>• Use the table lamp with light bulbs daily</li> <li>• Complete brief behavioral treatment (RESET-PASC) video sessions with trained study staff, as scheduled. Each session will last around 30 minutes.</li> <li>• Wear the light sensor and activity tracker daily (recommended, but not required)</li> </ul>		
<p><b>Middle of Study Intervention Phone Call (about 30 to 60 minutes)</b></p> <p>Date: _____</p>	<p>Between week 3 and week 6, the study team will call you for another check-in.</p>		
<p><b>Pre-End of Study Intervention Period</b></p> <p>From _____ to _____</p>	<p><b>For the last 7 days of the study intervention period</b></p> <ul style="list-style-type: none"> <li>• Wear the light sensor to record your exposure to light</li> <li>• Wear the activity tracker to record your rest and activity</li> <li>• Fill out Sleep Diary 2 (online or on paper) to record the time you spent sleeping and napping and the quality of your sleep</li> </ul>		
<p><b>End of Study Interventions Clinic Visit (about 2 to 4 hours)</b></p> <p>Date: _____</p>	<p><b>Information</b></p>	<p><b>Assessments</b></p>	<p><b>Receive / Return</b></p>
	<ul style="list-style-type: none"> <li>• Review current medicines</li> <li>• After this visit, complete a survey about how you are feeling</li> </ul>	<ul style="list-style-type: none"> <li>• Study drug pill count</li> <li>• Surveys</li> <li>• Sleep symptoms and habits</li> <li>• Attention and thinking speed test</li> <li>• Blood sample</li> <li>• Check-in</li> </ul>	<p>Receive</p> <ul style="list-style-type: none"> <li>• At-home stool (poop) sample kit</li> </ul> <p>Return</p> <ul style="list-style-type: none"> <li>• Remaining study drug, if applicable</li> <li>• Wearable light sensor</li> <li>• Completed Sleep Diary (if using paper format)</li> </ul>
<h2>End of Study: 4 Weeks (1 Month) Later</h2>			
<p><b>End of Study Follow-up Phone Call (about 30 to 60 minutes)</b></p> <p>Date: _____</p>	<p>A study team member will call you for a check-in about 4 weeks after you finish the study interventions. During this call, we will ask if you have any new or worsening symptoms.</p>		