Online supplementary file 2

APPENDIX for NORSE 3 SPIRIT Document-
Due to word limitations for the journal where we submitted the protocol for consideration for publication, we have answered some items in this appendix.

Item	Ref. No.	Description of Item	Relevant Study Information
Roles and responsibilities: sponsor details	#5b	Trial sponsor	Norwegian IPH (contact details provided in text of manuscript)
Roles and responsibilities: sponsor and funder	#5c	Role of study sponsor and funders, if any, in study design; ….decision to submit the report for publication, including whether they will have ultimate authority over any of these activities, etc…	Funders obtained peer reviews of proposed study, but do not influence decisions regarding design, procedures, or reporting of outcomes. Sponsors require ethics approval and provide indemnity & support, but do not influence research process, or any other decisions.
Roles and responsibilities: committees	#5d	Composition, roles, and responsibilities of the coordinating centre, etc.	Grant applicants (CI & PIs), Heads of Research Units, Senior Members of the research teams at each institution & invited international collaborators are involved in these elements of the study.
Interventions: modifications	#11b	Criteria for discontinuing or modifying allocated interventions for a given trial participant.	Discontinuation is a decision that can be made by any study participant for any reason (and independently from the researchers).
Blinding: emergency unblinding	#17b	If blinded, circumstances under which unblinding is permissible, and procedure …	There are no known circumstances in which emergency unblinding would be required.
Data monitoring: formal committee	#21a	Composition of data monitoring committee (DMC); summary of its role and reporting structure; …..an explanation of why a DMC is not needed	There is no traditional DMC as most of the data are collected online using automated processes and without any researcher involvement. A small subgroup of senior researchers has overseen recruitment rates (some from different Norwegian Institutions involved & some international representatives), with other representatives co-opted as required.
Data monitoring: interim analysis	#21b	Description of any interim analyses and stopping guidelines, including who will have access to these interim results and make the final decision to terminate the trial	N/A. Recruitment & follow-up are based on automated procedures. Recruitment is reviewed about every three months to check number of individuals providing online consent to commence the study (as this will inform investigators when to close the study webpage for new participants). However, no access to any self-report or other data is allowed until recruitment and post-intervention

			assessments are completed for the set sample size.
Auditing	#23	Frequency and procedures for auditing trial conduct, if any, and whether the process will be independent from investigators and the sponsor	Processes are independent of the investigators. The sponsor may select (randomly selected or via a specified procedure) one or more studies per annum for auditing from those that they sponsor.
Protocol amendments	#25	Plans for communicating important protocol modifications (e.g., changes to eligibility criteria, outcomes, analyses) to relevant parties (e.g., investigators, IRBs, trial participants)…	None anticipated. However, if any modifications became necessary, the senior investigator or deputy would be responsible for communicating this to other investigators, the ethics committee, IRB, grant bodies, etc. Any changes would be included on the study website so future participants would be aware of any new eligibility criteria.
Ancillary and post-trial care	#30	Provisions, if any, for ancillary and post-trial care, and for compensation to those who suffer harm from trial participation	Participants may seek additional input for their sleep problems at any time without requiring an involvement by the investigators. No additional provision has been made as none is regarded as necessary.
Dissemination policy: authorship	#31b	Authorship eligibility guidelines and any intended use of professional writers	The investigators will adhere to international guidelines regarding multi-authorship of manuscripts.
Dissemination policy: reproducible research	#31c	Plans, if any, for granting public access to the full protocol, participant-level dataset, and statistical code	The study involves two years of follow-up and no data will be released until all key outputs have been accepted and published in peer review journals. However, interested parties can contact the senior investigator to discuss data-related issues.
Informed consent materials	#32	Model consent form and other related documentation given to participants and authorised surrogates	Please note the actual consent procedure was undertaken online, so the consent form is best viewed via the website. This written in Norwegian. A pdf of the Norwegian version (as approved by the ethics committee) or an English language translation is available from the senior investigator on request.