

Supplementary file 1: The PRAQ-report and its implementation in clinical practice

In the PRAQ-report (shown on the next page), the results of each of the ten PRAQ-domains are shown in the form of a colored smiley, ranging from green (patient indicated very few problems) to dark red (patient indicated a lot of problems). Domain scores over time and individual item scores are shown on subsequent pages of the PRAQ-report. The included domains were: symptoms at night, sleepiness, tiredness, daily activities, unsafe situations, memory and concentration, quality of sleep, emotions, social activities, and health concerns. The PRAQ also contains a set of “intake questions” that were designed together with the participating centers and aimed to replace the diagnostic intake questionnaires that the centers usually distribute to all their new patients. This involved more factual, broader questions to help professionals in setting a correct diagnosis.

The PRAQ was distributed via a secure online platform (VitalHealth QuestManager) which sent out email invitations to a patient to complete the PRAQ at ten and (if the PRAQ was not yet completed) three days before the patient’s consultation. After completion of the PRAQ, patients and healthcare professionals both had the ability to access the PRAQ-report directly from the online platform.

Individual implementation plans for collecting email addresses of patients, creating patient accounts, and entering consultation dates were developed for each study center to optimally fit their usual work flow.

Healthcare professionals received information about the content of the PRAQ and PRAQ-report, and instructions and a short training in how to use QuestManager. They were then encouraged to integrate the PRAQ into their own workflow in whichever way each individual professional found most convenient. After approximately two months of using the PRAQ, the researchers organized a meeting in each sleep centre in which the healthcare professionals were invited to discuss how they were using the PRAQ-report in their practice, in order to exchange ideas and potentially adjust their way of using the PRAQ.

