## Online appendix

**Table 5:** Means, standard deviations (SD), and Pearson’s correlations for all variables.

|  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Variables** | **Correlations** | |  |  |  |  |  | **Descriptives** | |
|  | 1 | 2 | 3 | 4 | 5 | 6 | **7** | **Mean** | **SD** | |
| 1 Age |  |  |  |  |  |  |  | 44.79 | 10.25 | |
| 2 Gender | 0.015 |  |  |  |  |  |  |  |  | |
| 3 Skill level | **-0.04\*** | 0.02 |  |  |  |  |  |  |  | |
| 4 WLC T1 | **-0.04\*** | **-0.06\*** | **0.10\*** |  |  |  |  | 1.96 | 0.75 | |
| 5 Support T1 | **-0.06\*** | **0.08\*** | **0.06\*** | **-0.19\*** |  |  |  | 4.00 | 0.77 | |
| 6 Difficulties initiating sleep T1 | **0.05\*** | **0.08\*** | -0.01 | **0.17\*** | **-0.17\*** |  |  | 2.00 | 1.02 | |
| 7 Disturbed sleep T1 | **0.04\*** | **0.09\*** | 0.02 | **0.20\*** | **-0.16\*\*** | **0.68\*** |  | 2.31 | 1.12 | |
| 8 MSP pain sites T2 | **0.10\*** | **0.11\*** | 0.02 | **0.08\*** | **-0.15\*\*** | **0.26\*** | **0.24\*** | 1.90 | 1.48 | |

p <0.05 marked in **bold font**

\* Significant at p <0.01