

## How do people practice mindfulness: sleep data, current practice

Group 1: attended a face-to-face taught course (N=115)

Group 2: followed a course from a book or online (N=30)

Group 3: did not attend or follow a structured course (N=73)

Of the 198 participants currently practicing formal mindfulness 112 (56.6%) reported falling asleep during practice:

Group 1: 63

Group 2: 20

Group 3: 29

### Do you fall asleep regularly? No:

Group 1: 39

Group 2: 10

Group 3: 21

### Which practices do you fall asleep during?

Body scan:

Group 1: 43

Group 2: 12

Group 3: 12

Breathing/sitting practice:

Group 1: 10

Group 2: 3

Group 3: 10

### How do you feel about falling asleep?

	Grp 1	Grp 2	Grp 3
Intended to/find it helpful for getting to sleep	2	1	3
Positive response	1	1	3
Accepting response	39	12	19
Negative response	13	1	3
Combination of acceptance and negative response	5	1	1