**Supplementary Information**

**Table S1**: Mean values (*SD*) of sleep and anxiety scores by time point and intervention category (total = 206 participants)

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
|  |  |  |  | Intervention category | | | |
|  | Time  point | N | Overall | 4 weeks Body scan | 4 weeks Relax | 8 weeks Body scan | 8 weeks Relax |
| N |  | 206 | 206 | 53 | 46 | 61 | 46 |
| Sleep problems | 1 | 204 | 7.4 (5.0) | 7.8 (4.5) | 6.4 (5.3) | 8.4 (5.1) | 6.7 (4.9) |
| (ISI) | 2 | 156 | 6.8 (4.8) | 7.5 (3.9) | 6.0 (4.5) | 7.1 (4.8) | 6.6 (5.7) |
|  | 3 | 143 | 6.8 (4.7) | 6.6 (4.2) | 6.0 (4.0) | 7.5 (5.0) | 6.7 (5.5) |
|  | 4 | 100 | 6.9 (5.4) | 7.0 (5.3) | 5.5 (5.6) | 8.4 (4.9) | 5.9 (5.5) |
| Anxiety | 1 | 198 | 8.2 (7.0) | 10.1 (7.1) | 7.2 (6.8) | 8.3 (8.0) | 6.9 (5.1) |
| (BAI) | 2 | 153 | 6.4 (6.0) | 8.5 (7.1) | 4.9 (4.2) | 6.7 (6.6) | 5.3 (4.4) |
|  | 3 | 143 | 6.1 (6.2) | 7.2 (6.9) | 4.1 (4.1) | 7.4 (7.0) | 5.2 (5.2) |
|  | 4 | 100 | 5.7 (6.9) | 6.6 (6.4) | 3.9 (4.0) | 6.8 (9.6) | 5.0 (4.7) |

**Table S2**: Time trends by intervention category adjusted for age, sex, and type of sport excluding the last follow-up examination (4 months after baseline)

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|  | Intervention | | | |  |
| Outcome | 4 w body scan | 4 w relax (control) | 8 w body scan | 8 w relax  (control) | p-value c |
| Sleep problems (ISI) a | -0.55  (-1.15, 0.05) | -0.30  (-0.93, 0.34) | -0.76\*\*  (-1.32, -0.19) | -0.08  (-0.77, 0.61) | 0.50 |
| Log Anxiety (BAI) b | -21.3\*\*\*  (-30.7, -10.7) | -19.1\*\*  (-29.5, -7.2) | -10.8  (-21.0, 0.6) | -20.7\*\*  (-31.2, -8.7) | 0.50 |

p-values: \*\* p <0.01, \*\*\* p <0.001

a absolute change in ISI per month

b relative change in BAI per month (% /month)

c p-value for interaction between intervention category and time

**Table S3**: Time trends by intervention category adjusted for age, sex, and school

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|  | Intervention | | | |  |
| Outcome | 4 w body scan | 4 w relax (control) | 8 w body scan | 8 w relax  (control) | p-value c |
| Sleep (ISI) a | -0.25  (-0.63, 0.13) | -0.25  (-0.62, 0.13) | -0.07  (-0.40, 0.26) | -0.18  (-0.57, 0.22) | 0.90 |
| Log-anxiety (BAI) b | -15.80\*\*\*  (-22.8, -8.1) | -12.60\*\*  (-19.9, -4.7) | -10.70\*\*  (-17.2, -3.8) | -11.90\*\*  (-19.7, -3.4) | 0.80 |

p-values: \*\* p <0.01, \*\*\* p <0.001

a absolute change in ISI per month

b relative change in BAI per month (% /month)

c p-value for interaction between intervention category and time

**Fig. S1:** Mean values with 95% CI for sleep and anxiety scores over time by month of start of intervention.

**En bild som visar diagram

Automatiskt genererad beskrivning**