

Study Procedures:

BASELINE VISIT 1

- **Oral Glucose Tolerance Test** (see information sheet)
- Surveys about your **health**
- Surveys about your **mood**
- Surveys about your **sleep**
- Surveys about **what you ate and drank in the last 24 hours** (dietary recall)

For 10 days after visit 1:

- Wear **glucose sensor** (see information sheet)
- Wear **actigraphy watch** day and night (see information sheet)
- Complete **daily sleep diaries**
- Complete **one dietary recall** (one time, you will not know which day)

2 weeks after visit 1:

You will be randomly assigned to either:

The Sleep Treatment Group OR The Patient Education Group

Up to 9 weeks after group assignment:

You will engage in:

The Sleep Treatment Group OR The Patient Education Group

VISIT 2 (11 weeks after visit 1)

- **Oral Glucose Tolerance Test** (see information sheet)
- Surveys about your **health**
- Surveys about your **mood**
- Surveys about your **sleep**
- Surveys about **what you ate and drank in the last 24 hours** (dietary recall)

For 10 days after visit 2:

- Wear **glucose sensor** (see information sheet)
- Wear **actigraphy watch** day and night (see information sheet)
- Complete **daily sleep diaries**
- Complete **one dietary recall** (one time, you will not know which day)

VISIT 3 (32 weeks after visit 1)

- **Oral Glucose Tolerance Test** (see information sheet)
- Surveys about your **health**
- Surveys about your **mood**
- Surveys about your **sleep**
- Surveys about **what you ate and drank in the last 24 hours** (dietary recall)

For 10 days after visit 3:

- Wear **glucose sensor** (see information sheet)
- Wear **actigraphy watch** day and night (see information sheet)
- Complete **daily sleep diaries**
- Complete **one dietary recall** (one time, you will not know which day)

STUDY COMPLETED