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Attentional bias modification training for insomnia: A double-blind placebo controlled randomized trial

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S1 Table - *Word sets in Dutch and translated into English.*

Sleep related words	Frequency (in Dutch language)	Neutral words	Frequency (in Dutch language)
Set A			
1. Sloom – <i>lazy/slow</i>	0.91	Mails - <i>Mails</i>	0.91
2. Stress - <i>Stress</i>	13.86	Nut - <i>use</i>	13.86
3. Klok - <i>Clock</i>	23.90	Bril - <i>Glasses</i>	24.49
4. Woelen - <i>Tossing</i>	0.71	Vloeide - <i>Flowed</i>	0.71
5. Boos - <i>Angry</i>	105.79	Noem - <i>Mention</i>	105.24
6. Moe - <i>Tired</i>	89.94	Reis - <i>Journey</i>	90.37
7. Bed - <i>Bed</i>	239.93	Stel - <i>Couple</i>	214.94
8. Wakker - <i>Awake</i>	201.37	Nummer - <i>Number</i>	202.70
9. Conflict - <i>Conflict</i>	4.96	Stopten - <i>Stopped</i>	4.96
10. Alarm - <i>Alarm</i>	34.78	Koffer - <i>Suitcase</i>	33.87
11. Slapen - <i>Sleeping</i>	209.22	Leren - <i>(to) learn</i>	211.23
12. Wegdromen - <i>Daydreaming</i>	0.11	Zwemkieren - <i>Swimming</i> <i>clothes</i>	0.11
13. Slaapstoornis - <i>Sleep</i> <i>disorder</i>	0.14	Stempatroom - <i>voicepattern</i>	0.14
14. Slaperigheid - <i>Sleepiness</i>	0.07	Slimmeriken - <i>Smart</i> <i>guys</i>	0.64
15. Lamendig - <i>Drained/lifeless</i>	1.23	Achterlicht - <i>Taillight</i>	1.23
16. Inslapen - <i>Falling</i> <i>asleep</i>	1.85	Postzegels - <i>Postage</i> <i>stamps</i>	1.85
17. Radeloos - <i>Distraught</i>	2.20	Reservoir - <i>Reservoir</i>	2.2
18. Wanhopig - <i>Desperate</i>	17.86	Gezichten - <i>Faces</i>	17.86
19. Gedachten - <i>Thoughts</i>	75.76	Herinneren - <i>Remember</i>	76.38

20. Ellendig - <i>Miserable</i>	6.01	Degelijk - <i>Decent</i>	6.01
21. Slaapkamer - <i>Bedroom</i>	30.83	Badkamer - <i>Bathroom</i>	30.41
22. Gespannen - <i>Tense</i>	17.81	Zekerheid - <i>Certainty</i>	17.77
23. Irrationeel - <i>Irrational</i>	1.23	Getolereerd - <i>Tolerated</i>	1.23
24. Lijden - <i>Suffering</i>	35.88	Broeder - <i>Brother</i>	35.90

Set B

1. Traag - <i>Slow</i>	9.79	Spuit - <i>Squirt</i>	9.79
2. Futloos - <i>Spiritless</i>	0.14	Lesgeld - <i>Tuition</i>	0.32
3. Tijd - <i>Time</i>	898.46	Gedaan - <i>Done</i>	883.04
4. Lui - <i>Lazy</i>	47.68	Vlak - <i>Flat</i>	47.73
5. Angst - <i>Anxiety</i>	69.34	Kalm - <i>Calm</i>	69.43
6. Ziek - <i>Sick</i>	129.20	Woord - <i>Word</i>	129.09
7. Nacht - <i>Night</i>	204.44	Plaats - <i>Place</i>	213.38
8. Wekker - <i>Alarm clock</i>	3.52	Stuiver - <i>Penny</i>	3.50
9. Paniek - <i>Panic</i>	39.86	Landen - <i>Countries</i>	39.74
10. Alert - <i>Alert</i>	6.01	Intact - <i>Intact</i>	6.04
11. Liggen - <i>Lie down</i>	194.83	Mogen - <i>To be allowed</i>	200.83
12. Slapeloos - <i>Sleepless</i>	0.11	Schoolfoto - <i>School picture</i>	0.11
13. Slaapproblemen - <i>Sleeping problems</i>	0.53	Smakelijke - <i>Tasty</i>	0.53
14. Slaappillen - <i>Sleeping pills</i>	3.06	Enveloppe - <i>Envelope</i>	3.06
15. Vermoeidheid - <i>Tiredness</i>	1.23	Goudstukken - <i>Gold pieces</i>	1.23
16. Verslapen - <i>To oversleep</i>	1.92	Rozijnen - <i>Raisins</i>	1.92

17. Rusteloos - <i>Restless</i>	1.92	Symbolisch - <i>Symbolic</i>	1.92
18. Rampzalig - <i>Disastrous</i>	2.22	Opheffen - <i>Cancelling</i>	2.22
19. Piekeren - <i>Worrying</i>	3.25	Minimum - <i>Minimum</i>	3.25
20. Hopeloos - <i>Hopeless</i>	11.85	Finale - <i>Finals</i>	11.85
21. Nachtmerries - <i>Nightmares</i>	13.01	Maatschappij - <i>Community</i>	12.99
22. Uitgeput - <i>Exhausted</i>	13.01	Doorgeven - <i>Passing</i>	13.01
23. Geïrriteerd - <i>Irritated</i>	2.56	Internet - <i>Internet</i>	17.20
24. Ongelukkig - <i>Unhappy</i>	18.20	Ondertussen - <i>Meanwhile</i>	18.13
Practice set			

1. Accent - *Accent*

Vierkant - *Square*

2. Stoep - *Sidewalk*

Lijn - *Line*

Note. Sleep related words were always paired with the neutral word that it is paired with in this table

