Figure S1

Visualization of Night-to-Night Variability

Note. Each black point represents an individual participant's within-person standard deviation (SD) across nights, with horizontal bars showing that participant's 95% confidence interval. The red point indicates the group mean, with the horizontal bar showing the 95% confidence interval across participants. Higher values indicate higher variability over nights.

Figure S2

Visualization of Weekday-Weekend Variability

Note. Each black point represents an individual participant's absolute difference between weekdays and weekends. The red point indicates the group mean, with the horizontal bar showing the 95% confidence interval across participants. Higher values indicate higher differences in sleep between weekday nights and weekend nights.

Figure S3

Visualization of the Temporal Dependency of Sleep Quality and Stability of Sleep Complaints

Note. Left: Each black point represents an individual participant's lag-1 autocorrelation of sleep efficiency. The red point indicates the group mean. The dashed line at 0 marks no dependence of sleep quality from one night to the next. Positive values indicate clustering of sleep efficiency from one night to the next. Negative values indicate alternating of sleep efficiency from one night to the next. Right: Each black point represents an individual participant's Shannon entropy of nightly complaints. The red point indicates the group mean. The dashed line at 1.0 marks moderate fluctuations. Low values indicate higher

stability in the type of sleep complaints. High values indicate higher variability in the type of sleep complaints.

Table S1

Comparison of Weekday-Weekend Variability to Night-to-Night Variability

Sleep Parameter	Weekday-to-Weekend Variability M (SD)	Night-to-Night Variability M (SD)
Time in bed	29min (24min)	1h03min (23min)
Bedtime	35min (31min)	55min (25min)
Risetime	45min (36min)	56min (22min)
Total sleep time	28min (26min)	1h15min (21min)
Sleep efficiency	3.6% (3.9%)	12.4% (4.4%)
Sleep onset latency	12min (12min)	39min (28min)
Wake after sleep onset	20min (19min)	54min (28min)