Supplementary Figure S2. Group of figures corresponding to 20 behaviour and mood items for Participants A to J.

Participant A: Insomnia

Participant A: Daytime Drowsiness
Participant D: Anxiety

Scores (0-6)

Participant D: Depressed Appearance

Scores (0-6)
Frequency of the behaviour recorded daily in Phase A and Phase B and recorded weekly in Phase C. Results are shown with a trend line to aid behaviour change analysis during the study.

- DANCIN
- Daily/weekly scores