<u>Statistical Analysis Plan</u>

Continuous variables will be described in terms of means and standard deviations, while categorical data will be described using percentages and frequencies. Possible demographic differences between the program group and control group will be analysed using independent samples T-tests for continuous outcome variables and Pearson chi-square tests for categorical variables. The primary outcome 'frequency of nighttime awakenings' will be analysed by comparing the program group with the control group using a linear mixed model to account for potential confounders or relevant covariates, as well as possible clustering effects at the level of YHC teams, with T3 being the main timepoint of focus of the analysis. In case no substantial clustering effects are found, alternative approaches will be used to analyse the data at T3 if appropriate (e.g. linear regression or a one-sided independent samples T-test). When appropriate, relevant covariates will be included into the analysis, such as feeding problems and major life events (e.g. parental divorce or illness at the moment of assessment), within a multiple regression analysis framework. In addition to the main analysis, further exploratory analyses will be performed. These include: effectiveness analyses at other assessment times, a repeated measurements analysis to identify changes between groups over the follow-up and analysis of program effects on secondary outcome measures, using the same approach as for the primary outcome in case of continuous variables and logistic regression or chi square tests in case of categorical variables. All analyses will be performed in IBM SPSS Statistics 27 and/or R.