

Table S1: Auricular acupuncture protocol of each patient and primary outcome

	Auricular acupuncture point																		
				Concha-zones							psychotropic points								
Patient ID	Postanti-tragal belt	helix channel	Sciatic nerve	heart	lung	spleen	liver	kidney	bladder	(tragus) adrenal	1	2	3	4	sun	Vegetative point II	sympathetic	Shen men	Change PSQI Week 0-5
01	x	x					x					x						x	-9
03	x	x				x		x				x						x	-8
05	x	x						x		x		x						x	-9
08	x	x					x	x				x						x	-6
09	x	x		x			x					x						x	0
11	x	x					x			x		x					x	x	-7
15	x	x					x		x	x							x	x	0
16	x	x					x			x			x					x	-9
18	x	x						x		x		x						x	-6
20	x	x			x		x			x								x	-6
22	x	x					x	x		x		x						x	-8
24	x	x	x				x									x		x	-2
26	x	x					x	x		x								x	-3
28	x	x					x			x		x						x	-7.2
30	x	x			x					x		x						x	1
32	x	x					x	x				x						x	-9
34	x	x		x			x	x		x		x						x	-1
37	x	x		x			x							x			x	x	-5
38	x	x		x			x								x			x	-2
40	x			x			x			x							x	x	-1
42	x	x		x			x						x					x	0
44	x	x			x				x	x					x			x	3
45	x	x					x	x		x					x			x	-3
48	x	x					x	x		x		x						x	-4.5

49	x	x		x			x	x		x		x					x	-5
52	x	x					x		x		x						x	-6
Abbreviation: PSQI: Pittsburgh Sleep Quality Index.																		