

Supplemental Material

Sex-specific Effects of Music Listening on Couples' Stress in Everyday Life

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Appendix A. Overview on distribution of items relative to time of assessment

Time of assessment (relative to wake-up)	Music listening behavior ¹	Subjective stress ²	cortisol ³ and sAA ⁴
Wake-up ⁵			X
+30 minutes	X		X
+150 minutes	X	X	X
+480 minutes	X	X	X
+720 minutes	X	X	X
Directly before going to bed ⁶	X	X	X

Annotations: ¹ music listening behavior was assessed using the item: ‘Have you listened to music since the last assessment?’ ² subjective stress was assessed using the item: ‘At this moment, I feel stressed’ ³ salivary cortisol ⁴ salivary alpha-amylase ⁵ the first assessment had to be triggered directly after awakening ⁶ the sixth assessment had to be triggered directly before going to bed