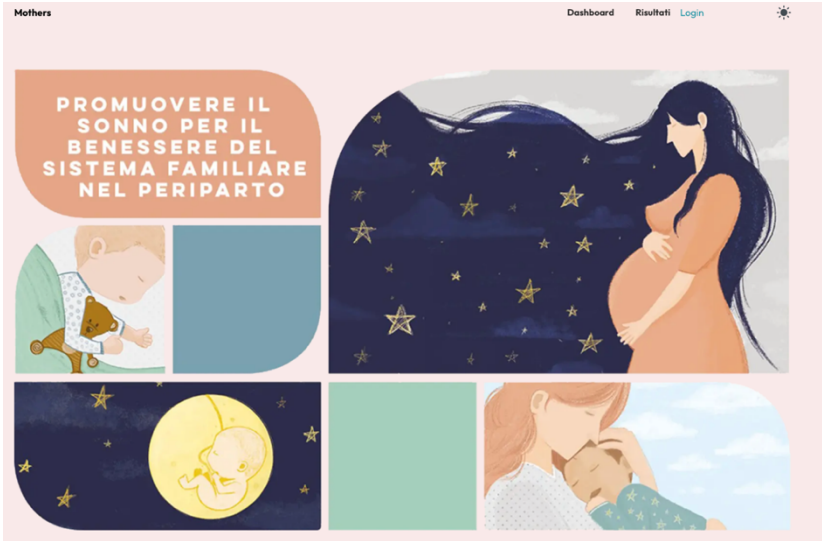


Supplemental File S2. Contents of intervention's sessions and associated book's chapters.

	
Intervention's sessions	Book's chapters
Session 1. Sleep during pregnancy: presenting the aims of the intervention and introducing psychoeducation on physiological regulation of sleep, on sleep health and on how sleep changes during pregnancy.	<i>Introduction</i> <i>Chapter 1. How do you sleep during pregnancy?</i>
Session 2. Pre-sleep behaviours and habits: psychoeducation on psychological regulation of sleep and on the impact of behaviors on sleep regulation; introducing sleep compression and stimulus control.	<i>Chapter 2. How important for sleep are our pre-sleep behaviours and habits, particularly in pregnancy?</i>

Session 3. Beliefs about sleep: psychoeducation on cognitive factors maintaining sleep difficulties; introducing cognitive restructuring.	<i>Chapter 3. How true are our beliefs about sleep?</i>
Session 4. Sleep and emotions: psychoeducation on emotional factors maintaining sleep difficulties and on the bidirectional association between sleep and emotions; introducing emotion regulation techniques.	<i>Chapter 4: How much do emotions and sleep influence each other, particularly during pregnancy?</i>
Session 5. Children's sleep: psychoeducation on sleep in the postpartum and on the development of sleep regulation in children; introducing bedtime routines.	<i>Chapter 5. How do babies sleep?</i>
Session 6. Value and personalize sleep: relapse prevention and focus on acquired skills and on how to prioritize sleep; introducing the 5 principles of good sleep health.	<i>Chapter 6. Valuing and personalising one's sleep to feel better: sleep and well-being of mother, child, and the whole family</i>