

## Multimedia Appendix 1 Screenshot of the monitoring questions

目覚めはよかったですか？



とても

まあまあ

いいえ

戻る 8 / 16 次へ

( Involving 16 items concerning one’s own mood and physical condition. The question “How did you feel when you woke up this morning?” can be answered by choosing “Great,” “Fine,” or “Not good.”)