

Table S1 Summary table of the study timeline

Visits	Inclusion visit (IV)	Follow-up <i>(Completed within one month after the IV or a routine psychiatric follow- up)</i>	Routine psychiatric follow-up visit(s) <i>(Occurring between the IV and the end of the study)</i>
Oral information and non- opposition collection	✓		
Verification of eligibility criteria	✓		
Sociodemographic characteristics	✓		
Family and personal medical history, history of sleep disorders, psychiatric comorbidities, current major depressive episode (MDE)	✓		
Sleep measurements: PSG, sleep diary, actigraphy, MSLT, 6-SM and cortisol assays <i>(if measurements are planned as part of routine care)</i>	✓		✓
Adult-specific questionnaires			
Mandatory clinician- administered questionnaire: C- SSRS (lifetime)	✓		✓
Optional clinician-administered questionnaires: C-SSRS (since the last visit), YMRS, MADRS, M.I.N.I.	✓		✓
Mandatory self-report questionnaires: ASRS-1.1, MDQ, AUDIT-C, MCTQ, QIDS-SR, GAD-7, ISI, PSQI, ESS, Berlin questionnaire sleep apnea, STAI-YB, Heaviness of Smoking Index, HAD, CUDIT-R, ASSIST- Lite, SHQ, Hypersomnolence Severity Scale, Sleep Questionnaire, RLS question		✓	✓
Optional self-report questionnaires: MATHYS, MEQ, SPAQ, BDI-II, Traumatic Life Events Questionnaire, IHSS, STAI-YA, PCL-5, AUDIT, Stimulants, Opioids, ECAB, ICJE, IAT, FSS, IRLS, MADRE		✓	✓
Pediatric-specific questionnaires			

Mandatory clinician-administered questionnaires: Pediatric sleepiness scale & CSHQ	✓		✓
Optional clinician-administered questionnaires: Gozal questionnaire, MEQ for children	✓		✓
Mandatory self-report questionnaires: MCTQ, CDI, ADHD Rating scale (parents' version)		✓	✓
Optional self-report questionnaires: IRLSSG criteria for children, BRIEF, SRS – Children/adolescents version		✓	✓

Note: PSG: Polysomnography; MSLT: Multiple Sleep Latency Tests; 6-SM: 6-sulfatoxymelatonin assays; C-SSRS: Columbia-Suicide Severity Rating Scale; YMRS: Young Mania Rating Scale; MADRS: Montgomery-Asberg Depression Rating Scale; M.I.N.I.: Mini International Neuropsychiatric Interview; ASRS-1.1: Adult Self-Report Scale short version; MDQ: Mood Disorder Questionnaire; AUDIT: Alcohol Use Disorders Identification Test short version; MCTQ: Munich ChronoType Questionnaire; QIDS-SR: Quick Inventory of Depressive Symptomatology - Self Report; GAD-7: Generalized Anxiety Disorder – 7 items; ISI: Insomnia Severity Index; PSQI: Pittsburgh Sleep Quality Index; ESS: Epworth Sleepiness Scale; STAI: State (YA) Trait (YB) Anxiety Inventory; HAD: Hospital Anxiety and Depression scale; CUDIT-R: Cannabis Use Disorders Identification Test - Revised; ASSIST-Lite: The Alcohol, Smoking and Substance Involvement Screening Tool - Lite; SHQ: Sleep Habits Questionnaire; RLS question: Restless Legs Syndrome question; MATHYS: Multidimensional Assessment of Thymic States; MEQ: Morningness-Eveningness Questionnaire; SPAQ: Seasonal Pattern Assessment Questionnaire; BDI-II: Beck Depression Inventory II; IHSS: Idiopathic Hypersomnia Severity Scale; PCL-5: Post-traumatic stress disorder Checklist version DSM-5; ECAB: Benzodiazepine Cognitive Attachment Scale; ICJE: Canadian Problem Gambling Index; IAT: Internet Addiction Test from Young; FSS: Fatigue Severity Scale; IRLS: International Restless Legs Syndrome; MADRE: Mannheim Dream Questionnaire; CSHQ: Children – Sleep Habits Questionnaire; CDI: Children Depression Inventory; ADHD: Attention Deficit Hyperactivity Disorder; IRLSS: International Restless Legs Syndrome Scale; BRIEF: Behavior Rating Inventory of Executive Function; SRS: Social Responsiveness Scale.