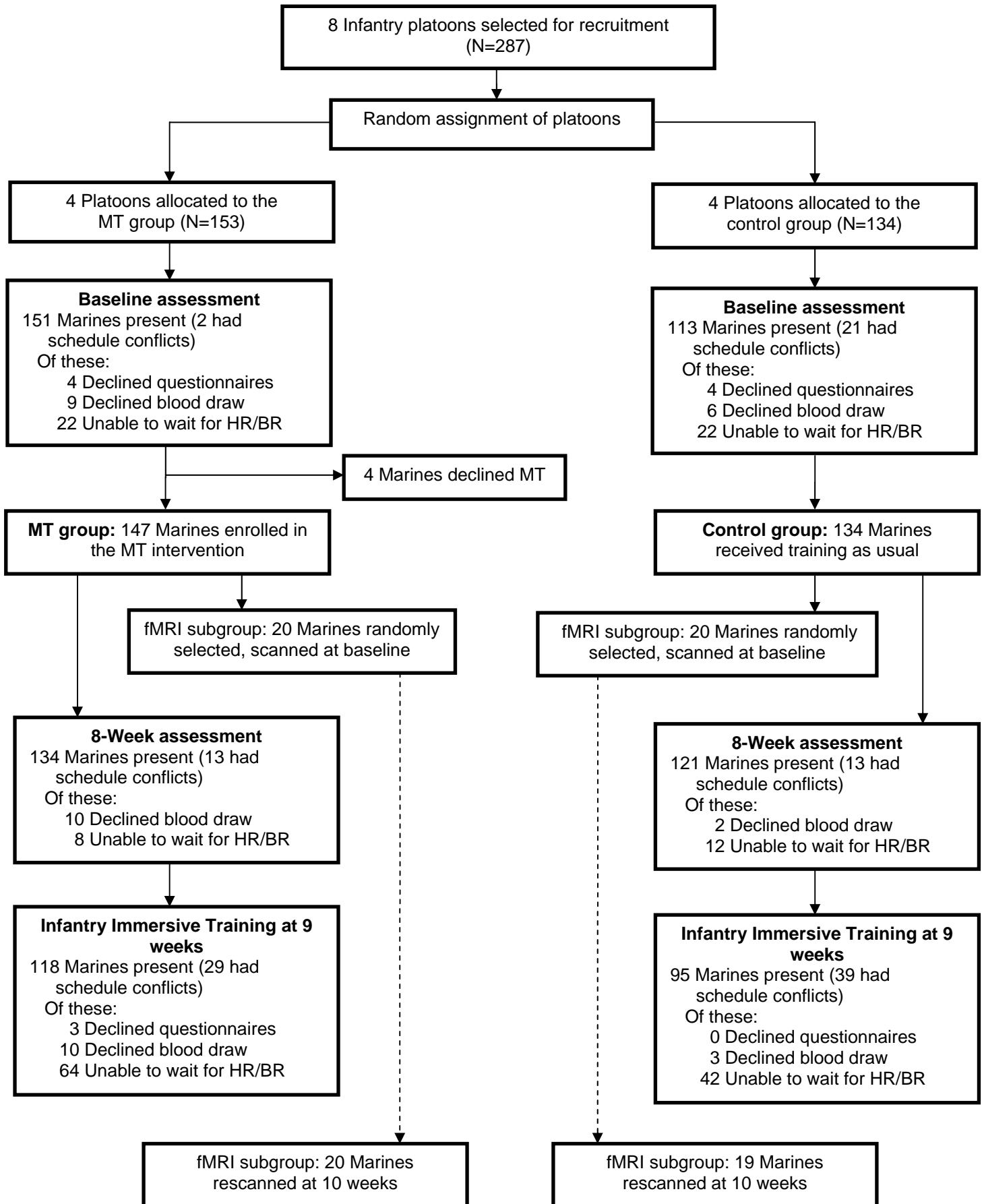


FIGURE S1. Participant Flow (see notes, next page)



Notes

HR/BR=heart and breathing rate measures; MT=mindfulness training.

Schedule conflicts for participating Marines were related to predeployment training requirements, medical appointments, and temporary assigned duty to other locations.

The questionnaires included the Pittsburgh Sleep Quality Index and the Response to Stressful Experiences Scale. At the 8-week assessment, questionnaire data for 8 Marines in the MT group were lost as a result of unintentional overwriting.

Heart rate and breathing rate data acquisition was limited by the demands of Marines' training schedules, as well as by the time required to download data from sensors in the monitoring harnesses, which meant that the research team was sometimes unable to transfer sensors from one Marine to another before the start of the Infantry Immersive Training scenario.