			Gestational Week
	Promote	Promote study through health professionals, media channels, community services/buildings	0
	Screen	Initial screening with potential participants	1-13
T1	**Meet**	Provide initial paperwork and provide actiwatch and diary for A1	1-13
	Questionnaire (Q1)	Pre-pregnancy questionnaire (retrospective) to be completed at meeting	1-13
T2	**Actigraphy (A1)**	First week of actigraphy – participant to courier actiwatch and diary at end of week	11-13
	Questionnaire (Q2)	Second questionnaire – participant to return with actiwatch and diary	11-13
	Intervention (I1)	First Sleep HAPi Intervention, actiwatch and diary provided at end of meeting for A2	12-14
	Actigraphy (A2)	Second week of actigraphy – participant to courier actiwatch and diary at end of week	12-14
	Post & Call	Post actiwatch, diary and questionnaire – call to confirm receipt	20-22
T3	**Actigraphy (A3)**	Third week of actigraphy - participant to courier actiwatch and diary at end of week	21-23
	Questionnaire (Q3)	Second questionnaire – participant to return with actiwatch and diary	21-23
	Intervention (I2)	Second Sleep HAPi Intervention, actiwatch and diary provided at end of meeting for A4	22-24
	Actigraphy (A4)	Fourth week of actigraphy – participant to courier actiwatch and diary at end of week	22-24
	Post & Call	Post actiwatch, diary and questionnaires for third round commencement	31-33
T4	**Actigraphy (A5)**	Fifth week of actigraphy - participant to courier actiwatch and diary at end of week	32-34
	Questionnaire (Q4)	Fourth questionnaire – participant to return with actiwatch and diary	32-34
	Intervention (I3)	Third Sleep HAPi Intervention, actiwatch and diary provided at end of meeting for A6	33-35
	Actigraphy (A6)	Sixth week of actigraphy – participant to courier actiwatch and diary at end of week	33-35
	Post & Call	Post third round data to participant and call to thank them for participating	34-36
T5	**Questionnaire (Q5)**	First post-partum questionnaire – participant to post	+6
T6	**Questionnaire (Q6)**	Second post-partum questionnaire – participant to post	+12
	Post & Call	Post full summary data to participant and call to thank them for participating	+28