

Table 1: Characteristics of study population and key outcomes				
	Intervention N=42	Control N=24	Full cohort N=66	Available N for row
Age (years)	28.1 (5.5)	29.0 (6.6)	28.4 (5.9)	66
Gestational age at birth (wks)	33.2 (2.7)	33.6 (2.5)	33.4 (2.6)	66
Race and ethnicity				66
Non-Hispanic Black	35 (83%)	20 (83%)	55 (85%)	
More than one race	5 (12%)	2 (8%)	7 (11%)	
Other	2 (5%)	2 (8%)	3 (5%)	
Living with father of baby	24 (62%)	10 (43%)	34 (55%)	62
Household income				62
≤ \$20,000	22 (56%)	7 (30%)	29 (47%)	
\$20,001 – \$40,000	7 (18%)	6 (26%)	13 (21%)	
> \$40,000	10 (26%)	10 (44%)	20 (33%)	
Education beyond high school	15 (37%)	7 (29%)	22 (34%)	65
Working or in school during pregnancy				65
None	12 (29%)	2 (8%)	14 (22%)	
<20 hours per week	5 (12%)	0 (0%)	5 (8%)	
≥ 20 hours per week	24 (58%)	22 (92%)	46 (71%)	
Perceived stress score*				
Baseline	14.8 (8.8)	15 (8.8)	14.9 (8.7)	62
6-month	15.4 (8.5)	18.4 (10.6)	16.4 (9.2)	37
Change	-0.29 (8.1)	0.33 (9.8)	-0.14 (8.7)	36
PROMIS Sleep score (scaled)**				
Baseline	51.9 (11.1)	50.4 (8.6)	51.4 (10.1)	59
6-month	49.1 (10.4)	51.6 (11.2)	49.8 (10.5)	34
Change	-3.5 (9.9)	-0.8 (7.5)	-2.6 (0.3)	31