

Supplementary Table. WoSCC Search strategy.

#1	TS=(aromatherapy OR aroma therapy OR aroma Inhalation therapy OR aromas OR aroma essential oil OR fragrance)
#2	TS=(yoga OR asana OR pranayama OR dhyana)
#3	TS=(meditative movement therapies OR Tai-ji OR Tai Chi OR Chi, Tai OR Tai JiQuan OR JiQuan, Tai OR Quan, Tai Ji OR taiji OR Taijiquan)
#4	TS=(mindfulness meditation OR meditation OR mindfulness OR mindfulness-based stress reduction)
#5	TS=(auricular acupressure OR auricular therapy OR auricular acupuncture)
#6	TS=(acupressure OR tuina OR massage OR reflexotherapy OR foot reflexology OR foot bath therapy)
#7	TS=(moxibustion)
#8	TS=(acupuncture OR electroacupuncture OR pharmacoacupuncture OR acupoint injection)
#9	TS=(hypnosis OR hypnotiz OR hypnotis OR hypnotherapy OR hypnotizability)
#10	TS=(music OR music therapy OR musicotherapy)
#11	TS=(homeopathy)
#12	TS=(Chinese herbal medicine OR herbal medicine)
#13	#1 OR #2 OR #3 OR #4 OR #5 OR #6 OR #7 OR #8OR #9 OR #10 OR #11 OR #12
#14	TS=(insomnia OR sleeplessness OR sleep initiation OR sleep disorder OR maintenance disorders OR disorders of initiating and maintaining sleep OR primary insomnia OR transient insomnia OR secondary insomnia OR insomnia disorder OR sleep initiation dysfunction OR sleep problem OR sleep disturbance
#15	#13 AND #14
#16	#15 and 2022 or 2021 or 2020 or 2019 or 2018 or 2017 or 2016 or 2015 or 2014 or 2013 (Publication Years) and Article (Document Types)
