

Supplementary Figure. High-frequency keywords

Keywords				
No.	Keywords	Frequency	Percentage, %	Cumulative, %
1	insomnia	237	3.1399	3.1399
2	mindfulness	196	2.5967	5.7366
3	sleep	193	2.5570	8.2936
4	acupuncture	155	2.0535	10.3471
5	depression	129	1.7091	12.0562
6	anxiety	115	1.5236	13.5798
7	randomized controlled trial	105	1.3911	14.9709
8	sleep quality	83	1.0996	16.0705
9	sleep disorders	79	1.0466	17.1171
10	yoga	72	0.9539	18.0710
11	stress	72	0.9539	19.0249
12	quality of life	68	0.9009	19.9258
13	cancer	63	0.8347	20.7605
14	meditation	58	0.7684	21.5289
15	mental health	49	0.6492	22.1781
16	pain	47	0.6227	22.8007
17	fatigue	46	0.6094	23.4102
18	COVID-19	42	0.5564	23.9666
19	breast cancer	38	0.5034	24.4701
20	TCM	35	0.4637	24.9338
21	aromatherapy	32	0.4240	25.3577
22	acupressure	31	0.4107	25.7684
23	massage	22	0.2915	26.0599
24	herbal medicine	22	0.2915	26.3514
25	Menopause	21	0.2782	26.6296
26	tai chi	20	0.2650	26.8945
27	complementary medicine	17	0.2252	27.1198
28	Herb	17	0.2252	27.3450
29	mHealth	15	0.1987	27.5437
30	well-being	15	0.1987	27.7424
31	music therapy	15	0.1987	27.9412