

Search strategy

PubMed:

A combination of keywords were used as follows:

(internet OR website OR web OR online OR computer OR self-help OR self-administer OR self-care OR self-instruct OR self-management) [All Fields]AND (cognitive therapy, behavioral therapy OR cognitive behavioral therapy OR CBT) [All Fields] AND (sleep problem OR sleep disorder OR insomnia) [All Fields] AND (randomized controlled trial OR RCT) [All Fields].