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|-------|----------------------|
| Sleep | 1. sleep*            |
|       | 2. (apneas OR apnea) |
|       | 3. (sleep talk*)     |
|       | 4. sleep disorder    |
|       | 5. insomnia          |
|       | 6. snore             |
|       | 7. parasomnias       |
|       | 8. (sleep walk*)     |
|       | 9. sleep quality     |
|       | 10. sleep latency    |
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[Sleep] = (1 OR 2 OR 3 OR 4 OR 5 OR 6 OR 7 OR 8 OR 9 OR 10)

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|----------------------|---|
| mhealth/telemedicine | 11. ((mobile or smartphone or phone) AND (Apps OR application)) |
|                      | 12. (mhealth or mobile health)                                  |
|                      | 13. (telehealth OR tele health)                                 |
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[mhealth/telemedicine] = (11 OR 12 OR 13)

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|--------------|---|
| Study design | 14. (intervention*)   |
|              | 15. (randomised OR randomized OR randomly)  |
|              | 16. (pre test OR pretest OR pre intervention OR post intervention OR post test OR posttest) |
|              | 17. (control* OR before stud* OR after stud* OR follow up assessment)                       |
|              | 18. Cohort  |
|              | 19. comparative stud*   |
|              | 20. control group   |
|              | 21. (evaluat* OR treatment OR process OR program*)  |
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[Study design] = (14 OR 15 OR 16 OR 17 OR 18 OR 19 OR 20 OR 21)

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Final search term: [Sleep] AND [Mhealth/telemedicine] AND [Study design]

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