

Supplementary 1. Search strategy

Supplementary 1.1. Search strategy for MEDLINE

*patient:

"Sleep Initiation and Maintenance Disorders"[Mesh] OR "Sleep"[Mesh] OR "Sleep Wake Disorders"[Mesh] OR "Sleep Stages"[Mesh] OR "Sleep Deprivation"[Mesh] OR "Wakefulness"[Mesh] OR sleep* OR insomnia* OR wakeful* OR sleepless* OR dyssomn*

*intervention

"Acupuncture"[Mesh] OR "Acupuncture Therapy"[Mesh] OR "Acupuncture, Ear"[Mesh] OR "Acupuncture Points"[Mesh] OR "Acupuncture Analgesia"[Mesh] OR "electroacupuncture"[Mesh] OR body acupuncture[tiab] OR auricular acupuncture[tiab] OR scalp acupuncture[tiab] OR acupoint injection[tiab] OR (meridian or non-meridian or trigger) adj3 point*) OR (meridian or non-meridian or trigger) adj3 point*) OR (acupuncture[tiab] OR acupoint*[tiab] OR eletroacupuncture[tiab] OR needling[tiab] OR needle*[tiab] OR "trigger points"[tiab] OR acupotomy[tiab] OR acup*[tiab]) OR "Acupuncture"[tiab] OR "Acupuncture Therapy"[tiab] OR "Acupuncture, Ear"[tiab] OR "Acupuncture Points"[tiab] OR "Acupuncture Analgesia"[tiab]

Supplementary 1.2 Search strategy for CENTRAL

*patient:

#1 MeSH descriptor: [Sleep] explode all trees

#2 MeSH descriptor: [Sleep Wake Disorders] explode all trees

#3 MeSH descriptor: [Sleep Initiation and Maintenance Disorders] explode all trees

#4 MeSH descriptor: [Sleep Stages] explode all trees

#5 MeSH descriptor: [Sleep Deprivation] explode all trees

#6 MeSH descriptor: [Wakefulness] explode all trees

#7 sleep*

#8 insomnia*

#9 wakeful*

#10 sleepless*

#11 dyssomn*

#12 #1 or #2 or #3 or #4 or #5 or #6 or #7 or #8 or #9 or #10 or #11

*intervention:

#13 MeSH descriptor: [Acupuncture] explode all trees

#14 MeSH descriptor: [Acupuncture Analgesia] explode all trees

#15 MeSH descriptor: [Acupuncture Points] explode all trees

#16 MeSH descriptor: [Acupuncture Therapy] explode all trees

#17 MeSH descriptor: [Electroacupuncture] explode all trees

#18 MeSH descriptor: [Acupuncture, Ear] explode all trees

#19 acupuncture or akupuncture or acupoint* or eletroacupuncture or needling or needle* or trigger points:ti,ab,kw

#20 ((meridian or non-meridian or trigger) near 10 point\$):ti,ab,kw

#21 ((meridian or non-meridian or trigger) near 10 point*):ti,ab,kw

#22 acupotomy or acup*:ti,ab,kw

#23 body acupuncture:ti,ab,kw

#24 auricular acupuncture:ti,ab,kw

#25 scalp acupuncture:ti,ab,kw

#26 acupoint injection:ti,ab,kw

#27 #13 or #14 or #15 or #16 or #17 or #18 or #19 or #20 or #21 or #22 or #23 or #24 or #25 or #26

Supplementary 1.3 Search strategy for EMBASE

*patient:

'sleep'/exp OR 'sleep stage'/exp OR 'insomnia'/exp OR 'primary insomnia'/exp OR 'sleep deprivation'/exp OR 'wakefulness'/exp OR sleep* OR insomnia* OR wakeful* OR sleepless* OR dyssomn*

*intervention

('acupuncture'/exp OR 'acupuncture analgesia'/exp OR 'electroacupuncture'/exp OR 'auricular acupuncture'/exp

'acupuncture*':ab,ti OR 'acupuncture analgesia':ab,ti OR 'electroacupuncture':ab,ti OR 'acupuncture points':ab,ti OR '(meridian or non-meridian or trigger) near/10 point\$):ab,ti

'acupuncture ear':ab,ti AND needling*:ab,ti OR needle*:ab,ti OR 'tigger point':ab,ti OR akupuncture* OR acupotomy OR acup*:ab,ti OR 'electro acupuncture':ab,ti OR 'acupuncture, ear'/exp OR scalp AND acupuncture:ab,ti))

Supplementary 1.4 Search strategy for CINAHL

*patient:

MH sleep OR MH sleep disorders OR sleep deprivation OR insomnia* OR sleep* OR wakeful* OR sleepless* OR dyssomn*

*intervention:

(acupuncture OR akupuncture OR acupoint* OR eletroacupuncture OR needle* OR trigger point* OR acupotomy OR MH Acupuncture Analgesia OR auricular acupuncture OR scalp acupuncture OR acupoint injection OR ear acupuncture OR meridian OR non-meridian)

Supplementary 1.5. Search strategy for AMED

*patient:

(DE "sleep" OR TI sleep* OR AB sleep* OR KW sleep* OR DE "sleep disorders" OR TI sleep disorders OR AB sleep disorders OR KW sleep disorders OR DE "insomnia" OR TI insomnia* OR AB insomnia* OR KW insomnia* OR TI wakeful* OR AB wakeful* OR KW wakeful* OR TI sleepless* OR AB sleepless* OR KW sleepless* OR TI dyssomn* OR AB dyssomn* OR KW dyssomn*))

*intervention :

(DE "Acupuncture" OR DE "acupuncture therapy" OR DE "acupuncture points" OR TI acupuncture* OR AB acupuncture* OR KW acupuncture* OR TI acupuncture analgesia OR AB acupuncture analgesia OR KW acupuncture analgesia OR TI electroacupuncture OR AB electroacupuncture OR KW electroacupuncture OR TI acupuncture points OR AB acupuncture points OR KW acupuncture points OR TI acupuncture ear OR AB acupuncture ear OR KW acupuncture ear OR TI needling* OR AB needling* OR KW needling* OR TI needle* OR AB needle* OR KW needle* OR TI tigger point

OR AB tigger point OR KW tigger point OR TI akupuncture* OR AB akupuncture* OR KW akupuncture* OR (meridian OR non-meridian OR trigger) N10 point* OR TI acuptomy OR AB acuptomy OR KW acuptomy OR TI acup* OR AB acup* OR KW acup*)

Supplementary 1.6. Search strategy for CNKI

patient:

(SU=失眠+不寐+睡眠障碍+睡眠觉醒+睡眠剥夺+不得眠+卧不安+睡眠紊乱+睡眠质量+insomnia)

intervention:

((SU=失眠+不寐+睡眠障碍+睡眠觉醒+睡眠剥夺+不得眠+卧不安+睡眠紊乱+睡眠质量+insomnia)

and (SU=针刺+针灸+针+刺法+针法+电针+耳针+温针+火针+刀针+穴位注射+药针+埋针+针药+蜂毒+蜂疗+蜂针+蜂针灸) and (SU=随机+对照+randomized+randomised))