

Supplementary Materials:

Table S1. Search strategy

Database	Search Strategy
PubMed	(((((“sleep initiation and maintenance disorders”[MeSH Terms]) OR (((“sleep”[All Fields] AND “initiation”[All Fields]) AND “maintenance”[All Fields]) AND “disorders”[All Fields])) OR “sleep initiation and maintenance disorders”[All Fields]) OR “insomnia”[All Fields]) OR “insomnias”[All Fields]) AND “occupational health”[All Fields])
SCOPUS	(TITLE-ABS-KEY (insomnia) AND TITLE-ABS-KEY (“occupational health”))
CINAHL	(insomnia AND “occupational health”)
Web of Science	TS= (insomnia AND “occupational health”)
PsycINFO	Insomnia AND “occupational health”

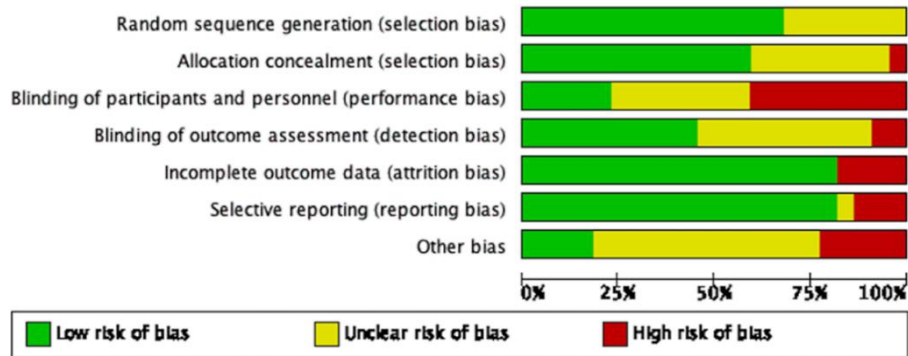


Figure S2. Risk of bias graph: review authors' judgements about each risk of bias item presented as percentages across all included studies.

	Random sequence generation (selection bias)	Allocation concealment (selection bias)	Blinding of participants and personnel (performance bias)	Blinding of outcome assessment (detection bias)	Incomplete outcome data (attrition bias)	Selective reporting (reporting bias)	Other bias
Bostock (2016)	?	?	+	+	+	+	?
Crain (2017)	?	?	+	+	+	+	?
Dalgaard (2014)	+	+	+	?	+	+	+
Ebert (2015)	+	+	+	?	+	+	?
Ebert (2016) ²	+	?	+	+	+	+	+
Ebert (2016) ³	+	+	+	+	+	+	+
Genin (2017)	?	?	?	?	+	+	?
Germain (2014)	+	+	+	?	+	+	?
Heber (2016)	+	+	?	?	+	+	?
Järnefelt (2019)	?	?	+	+	+	+	+
Kaku (2012)	+	+	?	+	+	+	?
Marino (2016)	?	?	?	?	+	+	+
Michalidis (2019)	+	+	+	+	+	+	?
Nishinoue (2012)	+	+	+	?	+	+	+
Olson (2015)	?	?	+	+	+	+	+
Persson-Asplund (2017)	+	+	?	+	+	+	?
Querstret (2017)	+	+	?	+	+	+	?
Sadeghnia (2008)	+	+	+	?	+	+	?
Schiller (2018)	+	+	+	?	+	+	+
Suzuki (2008)	?	?	?	+	+	?	?
Thlart (2015)	+	+	?	?	+	+	+
Yamamoto (2016)	+	+	+	+	+	+	?

Figure S3. Risk of bias summary: review authors' judgements about each risk of bias item for each included study.