SUPPLEMENTAL MATERIAL – Behavioral and psychological treatments for chronic insomnia disorder in adults guideline meta-analyses and summary of findings tables

All Literature Search Terms

PICO 1 PubMed Search String:

(("Sleep Initiation and Maintenance Disorders" [MeSH Terms] OR "sleep initiation and maintenance disorders" [All Fields] OR "insomnia" [All Fields]) NOT "Insomnia, Fatal Familial"[MeSH Terms]) AND "humans"[MeSH Terms] AND "adult"[MeSH Terms] AND ("behavior therapy"[MeSH Terms] OR "behaviour therapy"[All Fields] OR "behavior therapy"[All Fields] OR "psychotherapy"[MeSH Terms] OR "psychotherapy"[All Fields] OR "psychotherap*"[All Fields] OR "biofeedback, psychology"[MeSH Terms] OR "biofeedback"[All Fields] OR "psychology biofeedback"[All Fields] OR "biofeedback, psychology"[All Fields] OR "body monitoring" [All Fields] OR "BTII" [All Fields] OR "behavioral treatment" [All Fields] OR "cognitive therapy" [MeSH Terms] OR "cognitive therapy" [All Fields] OR "behavioral treatment [All Fields] OR "cognitive therapy" [All Fields] OR "behavioral treatment [All Fields] OR "cognitive therapy" [All Fields] OR "behavioral treatment [All Fields] OR "behavioral treat Fields] OR "cognitive behaviour therapy" [All Fields] OR "cognitive behavior therapy" [All Fields] OR "cognitiv behavioral therapy for insomnia"[All Fields] OR "CBT-I"[All Fields] OR "CBT-Insomnia"[All Fields] OR "Sleep retraining"[All Fields] OR "mindfulness" [MeSH Terms] OR "mindfulness" [All Fields] OR "multicomponent behavioral therapy" [All Fields] OR "relaxation therapy" [MeSH Terms] OR "relaxation therapy" [All Fields] OR "multicomponent behavioral therapy" [All Fields] OR "relaxation therapy" [MeSH Terms] OR "relaxation therapy" [All Fields] OR "multicomponent behavioral therapy" [All Fields] OR "multicomponent behavioral therapy" [All Fields] OR "multicomponent behavioral therapy" [All Fields] OR "relaxation therapy" [MeSH Terms] OR "multicomponent behavioral therapy" [All Fields] OR " Fields] OR "relaxation therapies" [All Fields] OR "abdominal breathing" [All Fields] OR "deep breathing" [All Fields] OR "progressive muscle relaxation" [All Fields] OR "brogressive muscle relaxation" [All Fields] OR "brog Fields] OR "imagery"[All Fields] OR "imagery (psychotherapy)"[MeSH Terms] OR "imagery training"[All Fields] OR "special place imagery"[All Fields] OR "guided imagery" [All Fields] OR "autogenic training" [MeSH Terms] OR "autogenic training" [All Fields] OR "desensitization relaxation" [All Fields] OR "paradoxical intention"[All Fields] OR "sleep hygiene"[MeSH Terms] OR "sleep hygiene"[All Fields] OR "sleep restriction"[All Fields] OR "stimulus control"[All Fields]) AND English[lang] AND ("aged"[MeSH Terms] OR "elderly"[All Fields] OR "veterans" [MeSH Terms] OR "military family"[MeSH Terms] OR "active duty" [All Fields] OR "military personnel" [MeSH Terms] OR "sleep beliefs" [All Fields] OR "sleep anxiety" [All Fields] OR "self efficacy" [MeSH Terms] OR "self efficacy" [All Fields] OR "self-efficacy" [All Fields] OR "self concept" [MeSH Terms] OR "self concept" [All Fields] OR "self-concept" [All OR "performance anxiety" [MeSH Terms] OR "performance anxiety" [All Fields] OR "Comorbidity" [MeSH Terms] OR "comorbidities" [All Fields]) AND ("1900/01/01"[PDAT]: "2020/02/13"[PDAT]) NOT "Editorial"[Publication Type] NOT "Letter"[Publication Type] NOT "Comment"[Publication Type] NOT "Case Reports" [Publication Type] NOT "Biography" [Publication Type] NOT "Review" [Publication Type]

PICO 1 Psychlnfo Search String

SU.EXACT("Insomnia") AND (SU.EXACT("Behavior Therapy") OR SU.EXACT("Psychotherapy") OR SU.EXACT("Biofeedback") OR body monitoring OR bbti OR behavioral treatment OR SU.EXACT("Cognitive Therapy") OR SU.EXACT("Cognitive Behavior Therapy") OR cognitive behavior therapies OR cognitive behavioral therapy for insomnia OR cbt-I OR cbt-Insomnia OR sleep retraining OR SU.EXACT("Mindfulness") OR multicomponent behavioral therapy OR relaxation therapy OR relaxation therapies OR abdominal breathing OR deep breathing OR progressive muscle relaxation OR imagery OR imagery training OR special place imagery OR guided imagery OR autogenic training OR desensitization relaxation OR paradoxical intention OR sleep hygiene OR sleep restriction OR SU.EXACT("Stimulus Control")) AND (elderly OR SU.EXACT("Military Veterans") OR SU.EXACT("Military Duty Status") OR sleep beliefs OR sleep anxiety OR SU.EXACT("Self-Efficacy") OR self-concept OR SU.EXACT("Performance Anxiety") OR SU.EXACT("Comorbidity") OR comorbidities)

PICO 2 PubMed Search String:

(("Sleep Initiation and Maintenance Disorders"[MeSH Terms] OR "sleep initiation and maintenance disorders"[All Fields] OR "insomnia"[All Fields]) NOT "Insomnia, Fatal Familial"[MeSH Terms]) AND "humans"[MeSH Terms] AND "adult"[MeSH Terms] AND ("behavior therapy"[MeSH Terms] OR "behaviour therapy"[All Fields] OR "behavior therapy"[All Fields] OR "psychotherapy"[MeSH Terms] OR "psychotherapy"[All Fields] OR "psychotherap*"[All Fields] OR "biofeedback, psychology"[MeSH Terms] OR "biofeedback"[All Fields] OR "psychology biofeedback"[All Fields] OR "biofeedback, psychology"[All Fields] OR "body monitoring" [All Fields] OR "BBTI" [All Fields] OR "behavioral treatment" [All Fields] OR "cognitive therapy" [MeSH Terms] OR "cognitive therapy"[All Fields] OR "cognitive behaviour therapy"[All Fields] OR "cognitive behavior therapy"[All Fields] OR "cognitive behavior therapy"[All Fields] OR "cognitive behavioral therapy for insomnia" [All Fields] OR "CBT-I" [All Fields] OR "CBT-Insomnia" [All Fields] OR "sleep retraining" [All Fields] OR "mindfulness" [MeSH Terms] OR "mindfulness" [All Fields] OR "multicomponent behavioral therapy" [All Fields] OR "relaxation therapy" [MeSH Terms] OR "relaxation therapy"[All Fields] OR "relaxation therapies"[All Fields] OR "abdominal breathing"[All Fields] OR "deep breathing"[All Fields] OR "progressive muscle relaxation" [All Fields] OR "imagery" [All Fields] OR "imagery (psychotherapy)" [MeSH Terms] OR "imagery training" [All Fields] OR "special place imagery"[All Fields] OR "quided imagery"[All Fields] OR "autogenic training"[MeSH Terms] OR "autogenic training"[All Fields] OR "desensitization relaxation" [All Fields] OR "paradoxical intention" [All Fields] OR "sleep hygiene" [MeSH Terms] OR "sleep hygiene" [All Fields] OR "sleep restriction" [All Fields] OR "stimulus control" [All Fields]) AND ("in-person" [All Fields] OR "self-help groups" [MeSH Terms] OR "group" [All Fields] OR "psychotherapy, group"[MeSH Terms] OR "computer-assisted instruction"[Mesh] OR "computer-assisted instruction"[All Fields] OR "computer-based"[All Fields] OR "internet" [MeSH Terms] OR "internet-delivered" [All Fields] OR "internet-based" [All Fields] OR "web-based" [All Fields] OR "mobile applications" [MeSH Terms] OR "mobile applications" [All Fields] OR "mobile app" [All Fields] OR "telecommunications" [MeSH Terms] OR "telephone" [MeSH Terms] OR "telephone" [All Fields] OR "telephone-based" [All Fields] OR "telemedicine" [MeSH Terms] OR "telemedicine" [All Fields] OR "social networking" [MeSH Terms] OR "social networking" [All Fields] OR "social networks" [All Fields] OR "social community" [All Fields] OR "online communities" [All Fields] OR "videoconferencing" [MeSH Terms] OR "videoconferencing" [All Fields] OR "bibliotherapy" [MeSH Terms] OR "bibliotherapy" [All Fields] OR "bibliotherapies" [All Fields] OR "self-help" [All Fields] OR "community-based" [All Fields]) AND English [lang] AND ("1900/01/01" [PDAT]: "2020/02/12"[PDAT]) NOT "Editorial"[Publication Type] NOT "Letter"[Publication Type] NOT "Comment"[Publication Type] NOT "Case Reports" [Publication Type] NOT "Biography" [Publication Type] NOT "Review" [Publication Type]

PICO 2 Psychlnfo Search String

SU.EXACT("Insomnia") AND (SU.EXACT("Behavior Therapy") OR SU.EXACT("Psychotherapy") OR SU.EXACT("Biofeedback") OR body monitoring OR bbti OR behavioral treatment OR SU.EXACT("Cognitive Therapy") OR SU.EXACT("Cognitive Behavior Therapy") OR cognitive behavior therapies OR cognitive behavioral therapy for insomnia OR cbt-I OR cbt-Insomnia OR sleep retraining OR SU.EXACT("Mindfulness") OR multicomponent behavioral therapy OR relaxation therapy OR relaxation therapies OR abdominal breathing OR deep breathing OR progressive muscle relaxation OR imagery OR imagery training OR special place imagery OR guided imagery OR autogenic training OR desensitization relaxation OR paradoxical intention OR sleep hygiene OR sleep restriction OR SU.EXACT("Stimulus Control")) AND (SU.EXACT("Group Psychotherapy") OR in-person OR self-help groups OR group SU.EXACT("Computer Assisted Instruction") OR computer-based OR SU.EXACT("Internet") OR internet-delivered OR internet-based OR web-based OR mobile applications OR mobile applications OR mobile app OR telecommunications OR telephone OR telephone-based OR SU.EXACT("Telemedicine") OR SU.EXACT("Social Networks") OR SU.EXACT("Online Social Networks") OR social community OR online communities OR videoconferencing OR SU.EXACT("Bibliotherapy") OR bibliotherapies OR SU.EXACT("Self-Help Techniques") OR community-based)

Exclusion Criteria: Exclusion criteria are applied during the abstract review of all retrieved publications. Studies that meet <u>any</u> of the exclusion criteria are rejected from the systematic review.

A. Publication type

- 1. Conference abstracts
- 2. Editorials
- 3. Review
- 4. Methods

B. Study type

- 1. Animal research
- 2. Case reports
- 3. Case series
- C. Language non-English
- D. Sample size < 20
- E. Diagnosis NOT chronic insomnia disorder
- F. Patient population < 18 years of age
- G. Main study objective is NOT evaluating the efficacy/effectiveness of psychological and behavioral therapies for insomnia

H. Does NOT include one of the following interventions of interest:

- 1. Biofeedback
- 2. Behavioral treatment for insomnia
- 3. Brief therapies for insomnia
- 4. Cognitive behavioral therapy for insomnia
- 5. Intensive sleep retraining
- 6. Mindfulness
- 7. Multicomponent behavioral therapy for insomnia
- 8. Relaxation therapy
- 9. Paradoxical intention treatment
- 10. Sleep hygiene
- 11. Sleep restriction
- 12. Stimulus control

Inclusion Criteria: Inclusion criteria are applied during the full publication review of all publications that were not rejected during the abstract review. Studies that meet all inclusion criteria will be accepted as evidence to use in the systematic review.

A. Intervention and control condition comparisons

	y of the following behavioral and psychological <u>interventions</u> ust meet at least 1):	Compared to any of the following control conditions (must meet at least 1):
1. 2.	Biofeedback Cognitive behavioral therapy-insomnia (i.e., Cognitive therapy, Sleep restriction, and Stimulus control) Brief therapies for Insomnia (BTI-I, Brief CBT-I)	Attention control Pharmacologic –placebo drug Quasi-desensitization Sleep hygiene or sleep education
4. 5. 6.	Intensive sleep retraining Mindfulness Multicomponent behavioral therapy for insomnia	4. Sleep hygiene or sleep education5. Usual care6. Wait-list
7. 8.	Relaxation therapy (i.e., Abdominal breathing, Imagery training, Autogenic training) Paradoxical intention treatment	
9. 10. 11.	Sleep hygiene Sleep restriction Stimulus control	

B. Intervention delivery method (must meet at least 1)

- 1. In-person one-on-one visit with a trained CBT-I specialist
- 2. In-person one-on-one visit with provider who is not a trained behavioral and psychological specialist
- 3. Group behavioral and psychological
- 4. Telephone
- 5. Self-help book
- 6. Internet-delivered
- 7. Community-based workshop
- 8. Telemedicine (videoconferencing, etc.)

C. Outcomes of interest (must meet at least 1)

- 1. Beliefs and attitudes about sleep (important)
- 2. Daytime fatigue domain (important)
- 3. Insomnia severity (important)
- 4. Nights with hypnotic use (important)
- 5. Number of nighttime awakenings (important)
- 6. Quality of sleep (critical)
- 7. Remission rate (critical)
- 8. Responder rate (critical)
- 9. Sleep efficiency (important)
- 10. Sleep latency (critical)
- 11. Total wake time (important)
- 12. Total sleep time (important)
- 13. Wake after sleep onset (critical)

D. Insomnia diagnosis (must meet at least 1)

- 1. Use of any of the 3 diagnostic systems, regardless of version: DSM, ICSD, RDC
- 2. Use of validated sleep instruments in combination with quantitative objective/subjective measure and insomnia complaints (e.g. PSQI and actigraphy or diary-assessed SOL>30 minutes for >=3 nights a week)
- 3. Other sleep complaints/criteria/symptoms that would require adjudication

Abbreviations:

AASM- American Academy of Sleep Medicine

BTIBTIs- Brief Therapies for Insomnia

CBT-I- Cognitive Behavioral Therapy for Insomnia

CPG- Clinical practice guideline

DBAS- Dysfunctional Beliefs and Attitudes about Sleep scale

FFS-Flinders Fatigue Scale

FSI- Fatigue symptom index

FSS- Fatigue severity scale

GRADE- Grading of Recommendations Assessment, Development, and Evaluation

IQR- Interquartile range

ISI- Insomnia Severity Index

ISQ- Insomnia Severity Questionnaire

ISR- Intensive Sleep Retraining

MFI- Multidimensional Fatigue Inventory

PI: Paradoxical Intention

PICO – Patient, intervention, comparator, outcome POMS-F- Profile of Mood States Fatigue subscale

PSG- Polysomnography

PSQI – Pittsburgh sleep quality index

RCT- Randomized controlled trial

SD- Standard deviation

SE- Standard error

SMD- Standardized mean-difference

SR- Systematic review

RT- Relaxation therapy

TF- Task force

WASO- Wake after sleep onset

Cognitive Behavioral Therapy (CBT-I)

CBT-I vs. Control

Quality of sleep

Figure S1. Diary-determined quality of sleep, post treatment differences, CBT-I vs. control

		CBT-I			ontrol			Std. Mean Difference	Std. Mean Difference
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Random, 95% CI	IV, Random, 95% CI
2.1.1 In-person, one-on-one delivery									
Currie 2004 (in-person)	6.9	1.7	16	4.8	1.8	17	3.0%	1.17 [0.42, 1.92]	
Drake 2019	3.63	0.66	50	3.12	0.64	50	5.1%	0.78 [0.37, 1.19]	
Jansson-Frojmark 2012 (J Clin Psycho Med Settings)	6.5	1.5	15	5.1	1.5	15	2.9%	0.91 [0.15, 1.67]	
_ancee 2016 (in-person)	3.5	0.6	26	2.9	0.5	23	3.8%	1.06 [0.46, 1.67]	
Mc Crae 2019	3.32	3.44	39	2.66	3.35	37	4.8%	0.19 [-0.26, 0.64]	
Faylor 2014	7.55	1.17	16	5.81	1.1	13	2.6%	1.48 [0.64, 2.32]	
aylor 2017(in-person)	2.3	0.57	33	1.7	0.57	33	4.3%	1.04 [0.52, 1.56]	
Subtotal (95% CI)			195			188	26.5%	0.88 [0.56, 1.19]	•
Heterogeneity: Tau² = 0.09;	6); I² = 50	1%							
2.1.2 Group delivery									
Epstein 2007	2.8	0.6	34	3.1	0.5	38	4.6%	-0.54 [-1.01, -0.07]	
Bandlund 2017	3.26	0.7	82	3.01	0.7	71	5.8%	0.36 [0.04, 0.68]	
Subtotal (95% CI)			116			109	10.5%	-0.07 [-0.95, 0.80]	
Heterogeneity: Tau² = 0.36; Chi² = 9.48, df = 1 (P = 0.00) Test for overall effect: Z = 0.17 (P = 0.87)	2); I² = 89	1%							
2.1.3 Internet delivery									
Espie 2012 (Imagery relief)		19.43		48.04	15.43	109	5.8%	0.49 [0.16, 0.82]	
Ho 2014	2.5	0.56	207	2.3	0.61	105	6.5%	0.35 [0.11, 0.58]	
Horsch 2017	3.38	0.51	30	2.93	0.52	48	4.6%	0.86 [0.39, 1.34]	
_ancee 2015	3.14	0.52	36	2.79	0.51	27	4.3%	0.67 [0.16, 1.18]	
Lancee 2016 (internet)	3.2	0.6	21	2.9	0.5	23	3.8%	0.54 [-0.07, 1.14]	
3trom 2004	3.14	0.56	30	3.03	0.73	51	4.8%	0.16 [-0.29, 0.61]	
Faylor 2017 (internet)	1.9	0.58	34	1.7	0.57	33	4.6%	0.34 [-0.14, 0.83]	+
/incent 2009	2.18	1	59	1.77	1.08	59	5.5%	0.39 [0.03, 0.76]	
Subtotal (95% CI)			472			455	39.7%	0.43 [0.30, 0.57]	◆
Heterogeneity: Tau² = 0.00; Chi² = 6.25, df = 7 (P = 0.51) Test for overall effect: Z = 6.28 (P < 0.00001)	; I² = 0%								
2.1.4 Telephone delivery									
Arnedt 2013	3.7	0.5	15	3.6	0.5	15	3.1%	0.19 [-0.52, 0.91]	
Subtotal (95% CI)			15			15	3.1%	0.19 [-0.52, 0.91]	
Heterogeneity: Not applicable Test for overall effect: Z = 0.53 (P = 0.60)									
2.1.5 Self-help delivery									
Currie 2004 (self-help)	5.7	1.8	15	4.8	1.8	17	3.2%	0.49 [-0.22, 1.19]	+-
Jernelov 2012	3.1	0.57	38	3	0.66	36	4.8%	0.16 [-0.30, 0.62]	+-
Morin 2005	3.48	0.66	80	3.46	0.67	87	5.9%	0.03 [-0.27, 0.33]	-
/an Straten 2009 Subtotal (95% CI)	6.1	1.1	126 259	6.1	1	121 261	6.4% 20.2%	0.00 [-0.25, 0.25] 0.06 [-0.11, 0.23]	_
Heterogeneity: Tau 2 = 0.00; Chi 2 = 1.85, df = 3 (P = 0.60) Fest for overall effect: Z = 0.70 (P = 0.48)	; I= 0%							- · ·	
Total (95% CI)			1057			1028	100.0%	0.44 [0.28, 0.61]	•
Heterogeneity: Tau² = 0.10; Chi² = 64.89, df = 21 (P < 0.0 Test for overall effect: Z = 5.24 (P < 0.00001) Test for subgroup differences: Chi² = 24.20, df = 4 (P < 0									-2 -1 0 1 2 Control CBT-I

*Currie 2004 (in-person and self) use same control data

Espie 2012 (in-person and usual care pooled control data)
Lancee 2016 (in-person and internet) use same control data
Taylor 2017 (in-person and internet) use same control data
Ho 2014 (pooled results for self-help with and without tel. support, SE converted to SD, diary scores flipped as lower scores indicate improvement)

Quality of sleep: Insomnia and no comorbidities

Table \$1. Diary-determined quality of sleep, post treatment differences, CBT-I vs. control

Study	Delivery		CBT-I			Control		Std. Mean Difference,		
	method	Mean	SD	Total	Mean	SD	Total	[95% CI]		
Taylor 2014	In-person, one-on-one delivery	7.55	1.17	16	5.81	1.1	13	1.48[0.64, 2.32]		
Strom 2004	Internet delivery	3.14	0.56	30	3.03	0.73	51	0.16 [-0.29, 0.61]		

Quality of sleep: Insomnia and comorbid psychiatric conditions

Table S2. Diary-determined quality of sleep, post treatment differences, CBT-I vs. control

Study	Delivery		CBT-I			Control		Std. Mean Difference,		
-	method	Mean	SD	Total	Mean	SD	Total	[95% CI]		
Currie 2004	In-person, one-on-one and self-help (pooled)	6.32	1.75	31	4.8	1.8	17	0.85[0.23, 1.46]		

Quality of sleep: Insomnia and comorbid medical conditions

Figure S2. Diary-determined quality of sleep, post treatment differences, CBT-I vs. control

	(BT-I		C	ontrol			Std. Mean Difference	Std. Mean Difference
Study or Subgroup	Mean SD		Total	Mean	SD	Total	Weight	IV, Random, 95% CI	IV, Random, 95% CI
4.1.1 In-person, one-on-one delivery									
Epstein 2007	2.8	0.6	34	3.1	0.5	38	35.3%	-0.54 [-1.01, -0.07]	
Jansson-Frojmark 2012 (J Clin Psycho Med Settings)	6.5	1.5	15	5.1	1.5	15	28.9%	0.91 [0.15, 1.67]	
McCrae 2019	3.32	3.44	39	2.66	3.35	37	35.8%	0.19 [-0.26, 0.64]	
Subtotal (95% CI)			88			90	100.0%	0.14 [-0.60, 0.88]	
Heterogeneity: $Tau^2 = 0.35$; $Chi^2 = 11.27$, $df = 2$ (P = 0.00	$(34); I^2 = 8$	32%							
Test for overall effect: $Z = 0.37$ (P = 0.71)									
Total (95% CI)			88			90	100.0%	0.14 [-0.60, 0.88]	
Heterogeneity: $Tau^2 = 0.35$; $Chi^2 = 11.27$, $df = 2$ (P = 0.00	$(34); \mathbf{l}^2 = 8$	32%							
Test for overall effect: Z = 0.37 (P = 0.71)									-2 -1 U 1 2 Control CBT-l
Test for subgroup differences: Not applicable									Control CB1-1

Quality of sleep: PSQI

Figure S3. PSQI-determined quality of sleep, post treatment differences, CBT-I vs. control

igure \$3. PSQI-determined quali		CBTI	, poc			iii di			
Study or Subgroup	Mean		Total		ontrol	Total	Weight	Std. Mean Difference IV, Random, 95% CI	Std. Mean Difference IV, Random, 95% CI
6.1.1 In-person, one-on-one delivery	wean	วบ	Total	wean	วบ	TOTAL	weight	iv, Kandom, 95% Ci	IV, Ralidolli, 95% Cl
	5.07			7.05	0.50		5.70	0.0014.05.0071	
Alessi 2016	5.27	3.6	54	7.65		53	5.7%	-0.66 [-1.05, -0.27]	
Currie 2004 (in-person)	6.7	3.4	16	11.1	4.2	17	2.2%	-1.12 [-1.86, -0.38]	
Edinger 2009	5.7	4	16		3.82	18	2.5%	-0.55 [-1.24, 0.14]	
Harvey 2015	5.74	3.74	30	8.64	3.32	28	3.7%	-0.81 [-1.34, -0.27]	
Kaku 2011	7.4	3.62	82	10	4.15	69	7.0%	-0.67 [-1.00, -0.34]	
Taylor 2014	3.31	2.47	16	7.62		13	1.7%	-1.67 [-2.53, -0.80]	
Wagley 2013	1.83	0.9	20	2.71	0.5	10	1.9%	-1.08 [-1.89, -0.27]	
Subtotal (95% CI)			234			208	24.7%	-0.79 [-1.01, -0.58]	•
Heterogeneity: Tau ² = 0.01; Chi ² = 6.60, df = 6 (P = Test for overall effect: Z = 7.36 (P < 0.00001)	0.36); ²=	9%							
6.1.2 Group delivery									
Alessi 2016	5.71	3.74	52	7.65	3.56	53	5.7%	-0.53 [-0.92, -0.14]	<u> </u>
Currie 2000	8.8	3.5	31	12.7	3.4	26	3.5%	-1.11 [-1.68, -0.55]	
Espie 2007		4.17	95	11.3		83	7.7%	-0.37 [-0.67, -0.07]	<u></u> -
Martinez 2014	11.33	4.03		13.48	2.88	27	3.8%	-0.60 [-1.13, -0.07]	
Miro 2011	11.55	4.03	16	13.48		15	2.4%		
								-0.43 [-1.14, 0.29]	
Rybarczyk 2002	8.3	3.3	11 45	10.7	2.8	13 42	1.8% 5.0%	-0.76 [-1.60, 0.07]	T
Rybarczyk 2005 - Group(Journal of consulting)	6.8	3.9	280	9.5	3.5	259	5.0% 29.8%	-0.72 [-1.16, -0.29]	
Subtotal (95% CI) Heterogeneity: Tau² = 0.00; Chi² = 6.24, df = 6 (P = Test for overall effect: Z = 6.33 (P < 0.00001)	0.40); l²=	4%	200			239	29.0%	-0.58 [-0.75, -0.40]	•
6.1.3 Self-help delivery									
	40.0	2.0	00	44.0	2.5	64	0.500	0.001.005.005	
Bjorvatn 2011	10.8	3.8	66	11.9	3.5	61	6.5%	-0.30 [-0.65, 0.05]	-
Currie 2004 (self-help)	9.1	4.2	15	11.1	4.2	17	2.4%	-0.46 [-1.17, 0.24]	
Ho 2014		4.35	103	10.2		104	8.2%	-0.51 [-0.78, -0.23]	<u> </u>
Mao 2017	8.23	1.9		10.06		52	5.5%	-0.92 [-1.33, -0.52]	
Morin 2005	5.38	3.17	96	6.62	3.13	96	8.0%	-0.39 [-0.68, -0.11]	
Subtotal (95% CI)			332			330	30.6%	-0.50 [-0.70, -0.30]	◆
Heterogeneity: Tau² = 0.02; Chi² = 6.02, df = 4 (P = Test for overall effect: Z = 4.95 (P < 0.00001)	0.20); l²=	34%							
6.1.4 Internet delivery									
Horsch 2017	7.6	3.1	46	9.84	2 96	63	5.7%	-0.74 [-1.13, -0.34]	
van Straten 2014	8.9	2.6	49	11.6	2.5	53	5.3%	-1.05 [-1.47, -0.64]	
Subtotal (95% CI)	0.3	2.0	95	11.0	2.5	116	11.0%	-0.89 [-1.19, -0.58]	•
Heterogeneity: Tau ² = 0.01; Chi ² = 1.17, df = 1 (P = Test for overall effect: Z = 5.64 (P < 0.00001)	0.28); I²=	14%					111070	-0.00 [-1110, -0.00]	•
·									
6.1.5 Telephone delivery									
Arnedt 2013	4.6	2.9	15	5.9	3.7	15	2.3%	-0.38 [-1.10, 0.34]	
Subtotal (95% CI)			15			15	2.3%	-0.38 [-1.10, 0.34]	
Heterogeneity: Not applicable									
Test for overall effect: Z = 1.03 (P = 0.30)									
6.1.6 Video delivery									
Rybarczyk 2005-video (Behavioral Sleep Medicine)	6.8	2.4	12	10.7	2.8	13	1.6%	-1.44 [-2.34, -0.54]	
Subtotal (95% CI)	0.8	2.4	12	10.7	∠.0	13	1.6%	-1.44 [-2.34, -0.54] - 1.44 [-2.34, -0.54]	
			12			13	1.070	-1144 [-2104, -0104]	
Heterogeneity: Not applicable Test for overall effect: Z = 3.15 (P = 0.002)									
Total (95% CI)			968			941	100.0%	-0.66 [-0.78, -0.54]	•
Heterogeneity: Tau2 = 0.03; Chi2 = 32.50, df = 22 (P	$= 0.07$); I^2	= 32%	6						<u> </u>
Test for overall effect: Z = 10.90 (P < 0.00001) Test for subgroup differences: Chi² = 10.38, df = 5 i									-2 -1 0 1 2 Favors CBTI Favors Control

^{*}Currie 2004 (in-person and self) use same control *Morin 2005 SD calculated from 95%CI

Quality of sleep (PSQI): Insomnia and no comorbidities

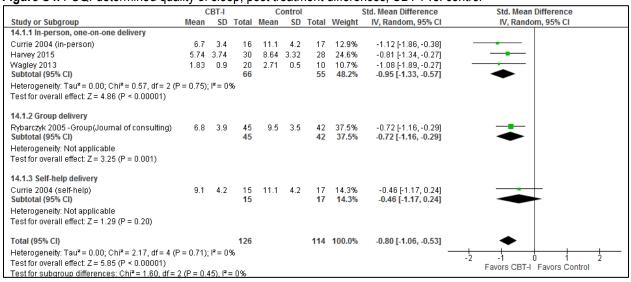
Table \$3. PSQI-determined quality of sleep, post treatment differences, CBT-I vs. control

Study	Delivery		CBT-I			Control	Std. Mean Difference,		
-	method	Mean	SD	Total	Mean	SD	Total	[95% CI]	
Edinger 2009	In-person, one-on-one	5.7	4	16	7.9	3.82	18	-0.55[-1.24, 0.14]	
Taylor 2014	In-person, one-on-one	3.31	2.47	16	7.62	2.57	13	-1.67[-2.53, -0.80]	

^{*}Alessi 2016 (in-person and group) use same control, SE converted to SD

Quality of sleep (PSQI): Insomnia and comorbid psychiatric conditions

Figure S4. PSQI-determined quality of sleep, post treatment differences, CBT-I vs. control



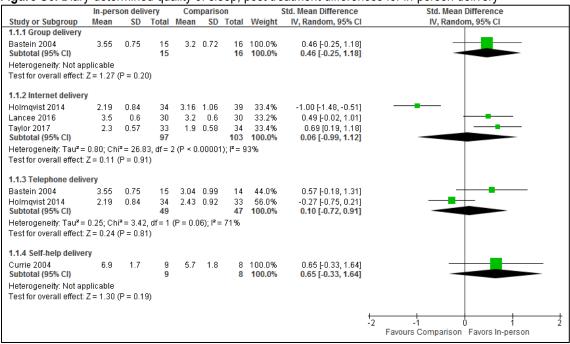
Quality of sleep (PSQI): Insomnia and comorbid medical conditions

Figure S5. PSQI-determined quality of sleep, post treatment differences, CBT-I vs. control

	(CBT-I		C	ontrol			Std. Mean Difference	Std. Mean Difference
Study or Subgroup	Mean	Mean SD Total I			Mean SD Total Weigh			IV, Random, 95% CI	IV, Random, 95% CI
13.1.2 Group deliver	у								
Currie 2000	8.8	3.5	31	12.7	3.4	26	20.4%	-1.11 [-1.68, -0.55]	
Hou 2014	2	0.5	51	2.6	0.6	47	34.4%	-1.08 [-1.51, -0.66]	
Martinez 2014	11.33	4.03	30	13.48	2.88	27	22.7%	-0.60 [-1.13, -0.07]	
Miro 2011	11.55	4.29	16	13.2	3.12	15	13.0%	-0.43 [-1.14, 0.29]	
Rybarczyk 2002 Subtotal (95% CI)	8.3	3.3	11 139	10.7	2.8	13 128	9.5% 100.0%	-0.76 [-1.60, 0.07] - 0.86 [-1.13 , - 0.60]	•
Heterogeneity: Tau² = Test for overall effect:				,	0.38);	I²= 5%			
Total (95% CI)			139			128	100.0%	-0.86 [-1.13, -0.60]	•
Heterogeneity: Tau² = Test for overall effect: Test for subgroup dif	Z= 6.48	P < 0	0.00001)	0.38);	I²= 5%		_	-2 -1 0 1 2 Favors CBT-I Favors Control

Quality of sleep (Diary): In-person delivery vs. comparison

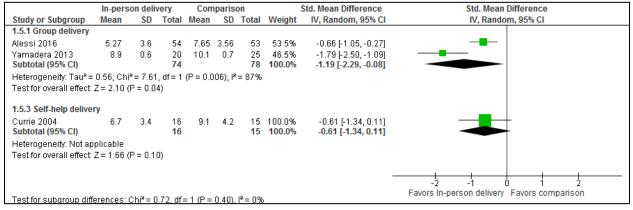
Figure S6. Diary-determined quality of sleep, post treatment differences for in-person delivery



^{*} each subgroup of delivery method is reported separately in the results section

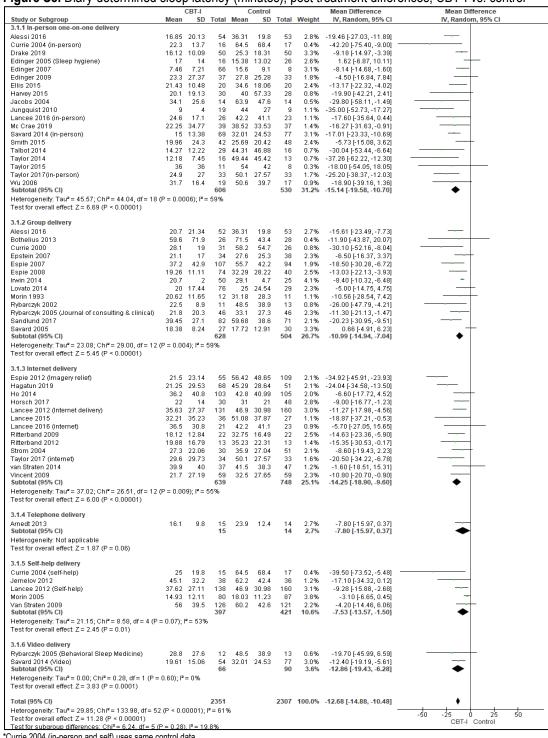
Quality of sleep (PSQI): In-person delivery vs. comparison

Figure S7. PSQI-determined quality of sleep, post treatment differences for in-person delivery



Sleep latency (Diary)

Figure S8. Diary-determined sleep latency (minutes), post treatment differences, CBT-I vs. control



*Currie 2004 (in-person and self) uses same control data

Espie 2012 (imagery and usual care control data pooled)

Lancee 2016 (in-person and internet) uses same control data

Edinger 2005 (usual care and sleep hygiene control data pooled)

Savard 2014 (in-person and video) uses same control data

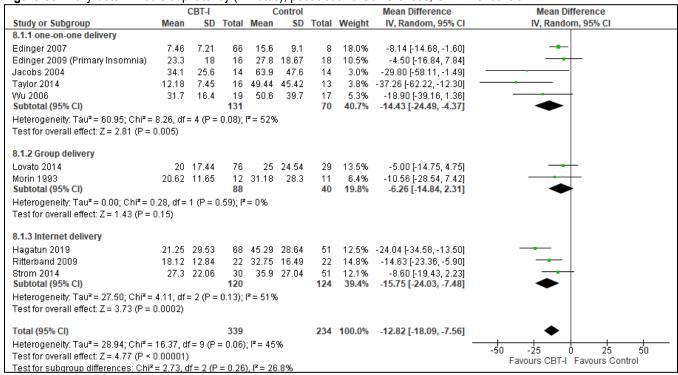
Lancee 2012 (internet and self-help) uses same control data

Taylor 2017 (in-person and internet) uses same control data

Alessi 2016 (in-person and group) uses same control data, SE converted to SD

Sleep latency (Diary): Insomnia and no comorbidities

Figure S9. Diary-determined sleep latency (minutes), post treatment differences, CBT-I vs. control



Sleep latency (Diary): Insomnia and comorbid psychiatric conditions

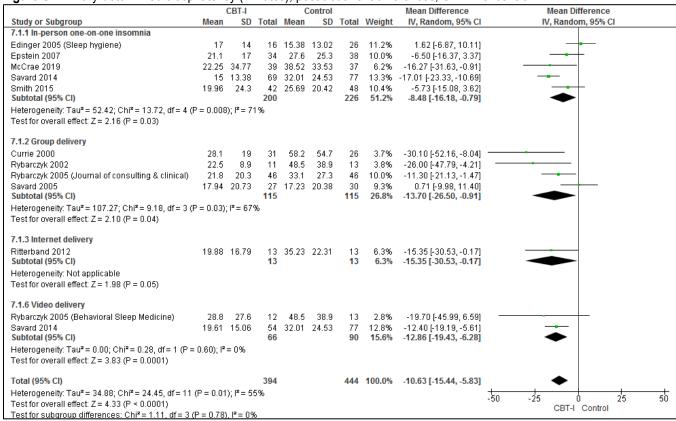
Figure S10. Diary-determined sleep latency (minutes), post treatment differences, CBT-I vs. control

		CBT-I		(Control			Mean Difference	Mean Difference
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Random, 95% CI	IV, Random, 95% CI
9.1.1 In-person one-on-or	ne inson	nnia							
Currie 2004 (in-person)	22.3	13.7	16	64.5	68.4	17	9.5%	-42.20 [-75.40, -9.00]	
Harvey 2015	20.1	19.13	30	40	57.33	28	21.0%	-19.90 [-42.21, 2.41]	
lungquist 2010	9	4	19	44	27	9	33.3%	-35.00 [-52.73, -17.27]	
albot 2014	14.27	12.22	29	44.31	46.88	16	19.1%	-30.04 [-53.44, -6.64]	
aylor 2015	36	36	11	54	42	8	8.1%	-18.00 [-54.05, 18.05]	
Subtotal (95% CI)			105			78	91.0%	-29.71 [-40.44, -18.99]	•
Fest for overall effect: Z = 9 9.1.5 Self-help delivery			,						
Currie 2004 (self-help)	25	19.8	15	64.5	68.4	17	9.0%		
Subtotal (95% CI)			15			17	9.0%	-39.50 [-73.52, -5.48]	
Heterogeneity: Not applica	able								
Test for overall effect: Z = 1	2.28 (P =	0.02)							
otal (95% CI)			120			95	100.0%	-30.60 [-40.83, -20.37]	•
Heterogeneity: Tau² = 0.00	0; Chi²=	2.32, dt	= 5 (P	= 0.80);	2 = 0%				-50 -25 0 25 50
est for overall effect: Z = :	5.86 (P <	0.0000	01)						CBT-I Control
<u>Fest for subgroup differen</u>	ices: Chi	r = 0.29	1. df = 1	(P = 0.5)	59), ² =	0%			CETT CONTROL

^{*}Currie 2004 (in-person and self) uses same control data

Sleep latency (Diary): Insomnia and comorbid medical conditions

Figure S11. Diary-determined sleep latency (minutes), post treatment differences, CBT-I vs. control



^{*}Edinger 2005 (usual care and sleep hygiene control data pooled)

Sleep latency (PSG)

Figure S12. PSG-determined sleep latency (minutes), post treatment differences, CBT-I vs. control

		CBT-I		(Control			Mean Difference	Mean Difference
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Random, 95% CI	IV, Random, 95% CI
8.1.1 In-person, one-	on-one o	delivery							
McCrae 2019	46.37	54.71	39	75.35	52.62	37	10.2%	-28.98 [-53.11, -4.85]	
Smith 2015	30.86	57.29	38	20.03	17.41	46	13.1%	10.83 [-8.07, 29.73]	
Wu 2006	21.2	14.7	19	52.7	30.6	17	15.1%	-31.50 [-47.48, -15.52]	
Subtotal (95% CI)			96			100	38.5%	-16.41 [-44.38, 11.56]	
Heterogeneity: Tau ² =	509.38;	Chi²=	12.44,	df = 2 (F	r = 0.000	2); $I^2 = 0$	84%		
Test for overall effect:	Z=1.15	(P = 0.1)	25)						
8.1.2 Group delivery									
Irwin 2014	19.2	23	50	22.3	22.1	25	19.0%	-3.10 [-13.86, 7.66]	
Morin 1993	15.46	10.41	12	19.83	11.84	11	20.2%	-4.37 [-13.52, 4.78]	
Savard 2005	12.7	5.96	27	10.44	14.73	30	22.4%	2.26 [-3.47, 7.99]	_
Subtotal (95% CI)			89			66	61.5%	-0.20 [-4.63, 4.23]	•
Heterogeneity: Tau ² =	: 0.00; CI	$hi^2 = 1.7$	'9, df=	2 (P = 0)	.41); l² =	= 0%			
Test for overall effect:	Z = 0.09	P = 0.1	93)						
Total (95% CI)			185			166	100.0%	-7.26 [-17.41, 2.90]	•
Heterogeneity: Tau ² =	:111.29;	Chi²=:	22.01,	df = 5 (F	9 = 0.001	05); l² =	77%		-50 -25 0 25 50
Test for overall effect:	Z = 1.40	(P = 0.1)	16)						-50 -25 0 25 50 Favors CBT-I Favors Control
Test for subgroup diff	erences	: Chi²=	1.26, d	f=1 (P	= 0.26).	$I^2 = 20$.5%		FAVOIS COIT-1 FAVOIS COINNO

^{*}Savard 2014 (in-person and video) uses same control data

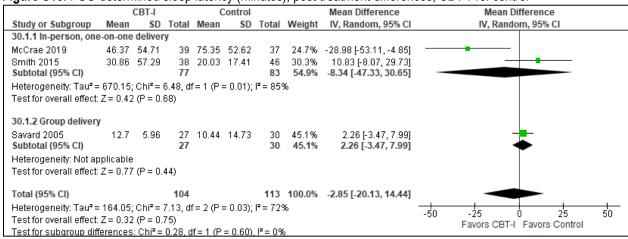
Sleep latency (PSG): Insomnia and no comorbidities

Table S4. PSG-determined sleep latency (minutes), post treatment differences. CBT-I vs. control

Study	Delivery		CBT-I			Control	Mean Difference, [95% CI]		
	method	Mean	SD	Total	Mean	SD	Total		
Wu 2006	In-person, one-on-one	21.2	14.7	19	52.7	30.6	17	-31.50[-47.48, -15.52]	
Morin 1993	Group delivery	15.46	10.41	12	19.83	11.84	11	-4.37[-13.52, 4.78]	

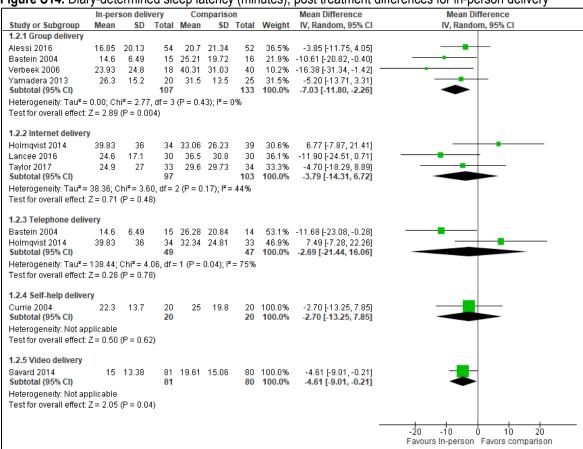
Sleep latency (PSG): Insomnia and comorbid medical conditions

Figure S13. PSG-determined sleep latency (minutes), post treatment differences, CBT-I vs. control



Sleep latency: In-person delivery vs. comparison

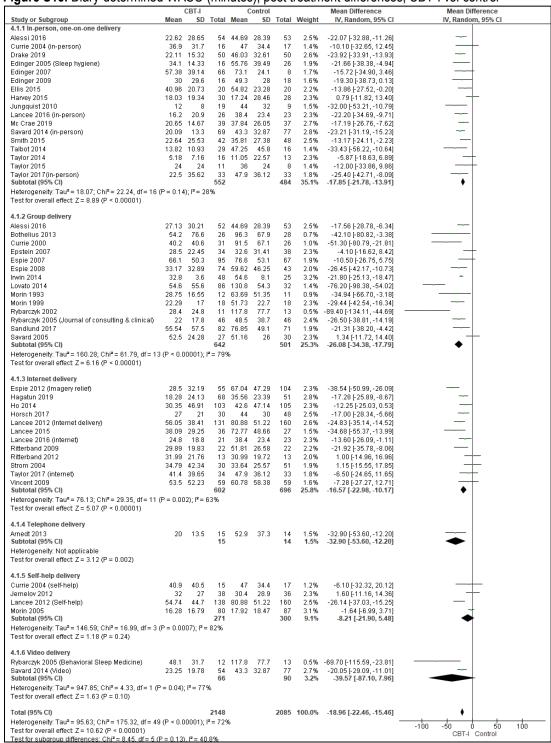
Figure S14. Diary-determined sleep latency (minutes), post treatment differences for in-person delivery



^{*} each subgroup of delivery method is reported separately in the results section

Wake after sleep onset

Figure S15. Diary-determined WASO (minutes), post treatment differences, CBT-I vs. control



*Currie 2004 (in-person and self) uses same control data

Espie 2012 imagery and usual care control groups pooled data

Lancee 2016 (in-person and internet) uses same control data

Edinger 2005 usual care and sleep hygiene pooled control data

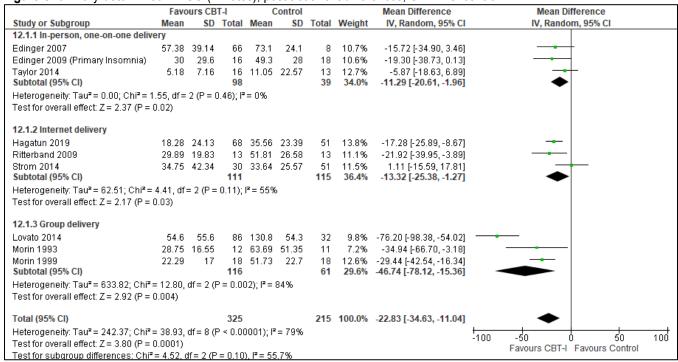
Savard 2014 (in-person and video) uses same control data Lancee 2012 (internet and self-help) uses same control data

Taylor 2017 (in-person and internet) uses same control data

Alessi 2016 (in-person and group) uses same control data, SE converted SD

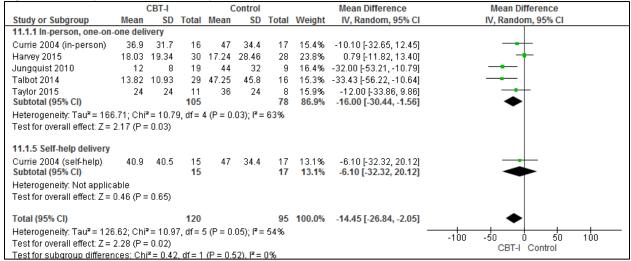
Wake after sleep onset (Diary): Insomnia and no comorbidities

Figure \$16. Diary-determined WASO (minutes), post treatment differences, CBT-I vs. control



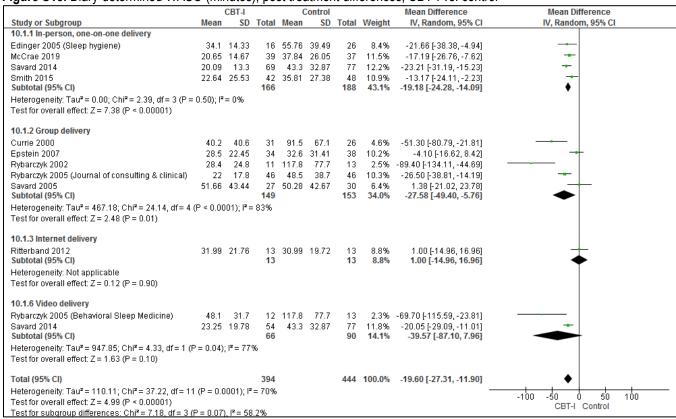
Wake after sleep onset (Diary): Insomnia and comorbid psychiatric conditions

Figure S17. Diary-determined WASO (minutes), post treatment differences, CBT-I vs. control



Wake after sleep onset: Insomnia and comorbid medical conditions

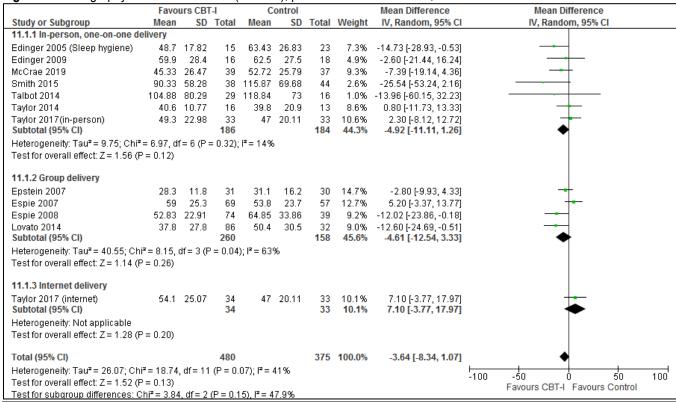
Figure S18. Diary-determined WASO (minutes), post treatment differences, CBT-I vs. control



^{*}Edinger 2005 (in-person and self) pooled control data

Wake after sleep onset (Act)

Figure S19. Actigraphy-determined WASO (minutes), post treatment differences, CBT-I vs. control



^{*}Edinger 2005 (in-person and self) pooled control data

Wake after sleep onset (Act): Insomnia and no comorbidities

Figure S20. Actigraphy-determined WASO (minutes), post treatment differences, CBT-I vs. control

	(CBT-I		C	ontrol			Mean Difference	N	Aean Differer	ice	
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Random, 95% CI	IV,	, Random, 95	% CI	
18.1.1 In-person, one	-on-one	deliver	у									
Edinger 2009	59.9	28.4	16	62.5	27.5	18	19.4%	-2.60 [-21.44, 16.24]				
Taylor 2014	40.6	10.77	16	39.8	20.9	13	39.1%	0.80 [-11.73, 13.33]		-		
Subtotal (95% CI)			32			31	58.6%	-0.24 [-10.67, 10.19]		•		
Heterogeneity: Tau ² =	0.00; CI	ni = 0.0	9, df=	1 (P = 0	.77); l²	= 0%						
Test for overall effect:	Z = 0.05	(P = 0.	96)									
18.1.2 Group delivery												
Lovato 2014	37.8	27.8	86	50.4	30.5	32	41.4%	-12.60 [-24.69, -0.51]		-		
Subtotal (95% CI)			86			32	41.4%	-12.60 [-24.69, -0.51]		•		
Heterogeneity: Not app	plicable											
Test for overall effect:	Z= 2.04	(P = 0.	04)									
Total (95% CI)			118			63	100.0%	-5.41 [-14.16, 3.33]		•		
Heterogeneity: Tau ² =	10.00: 0	hi² = 2	39. df=	2 (P =	0.30):	P= 169	%	- '	I			
Test for overall effect: 2				- 0	/1				-10050	0	50	100
Test for subgroup diffe		,		f= 1 /P	= 0.13) P = 5	6.5%		Favours	CBT-I Favo	urs Control	

Taylor 2017 (in-person and internet) uses same control data, converted SE to SD

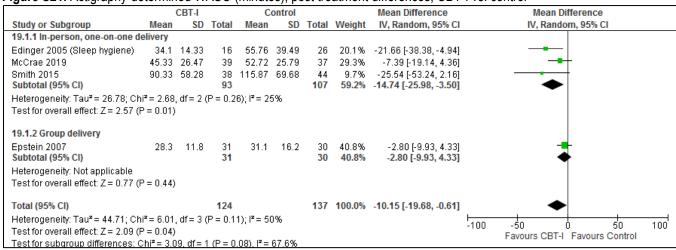
Wake after sleep onset (Act): Insomnia and comorbid psychiatric conditions

Table S5. Actigraphy-determined WASO (minutes), post treatment differences, CBT-I vs. control

Study	Delivery		CBT-I			Control	Mean Difference, [95% CI]	
	method	Mean	SD	Total	Mean	SD	Total	
Talbot 2014	In-person,	104.88	80.29	29	118.84	73	16	-13.96[-60.15, 32.23]
	one-on-one							
	delivery							

Wake after sleep onset (Act): Insomnia and comorbid medical conditions

Figure S21. Actigraphy-determined WASO (minutes), post treatment differences, CBT-I vs. control



^{*}Edinger 2005 (in-person and self) pooled control data

Wake after sleep onset (PSG)

Figure S22. PSG-determined WASO (minutes), post treatment differences, CBT-I vs. control

	Favo	urs CB	T-I	(Control			Mean Difference		Mean Difference	
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Random, 95% CI		IV, Random, 95% CI	
11.2.1 In-person, one	e-on-one	deliver	у								
McCrae 2019	46.37	54.71	39	75.35	52.62	37	14.1%	-28.98 [-53.11, -4.85]			
Smith 2015	46.08	33.41	38	83.25	70.95	46	14.6%	-37.17 [-60.26, -14.08]			
Talbot 2014	39.25	41.63	29	57.63	73.12	16	8.5%	-18.38 [-57.28, 20.52]			
Subtotal (95% CI)			106			99	37.3%	-30.94 [-46.28, -15.61]		*	
Heterogeneity: Tau ² =	= 0.00; CI	hi² = 0.7	1, df=	2(P = 0)	i.70); l² :	= 0%					
Test for overall effect	Z = 3.96	(P < 0.0	0001)								
11.2.2 Group deliver	y										
Irwin 2014	73.5	36.1	48	75.1	43	24	16.2%	-1.60 [-21.61, 18.41]			
Morin 1993	35.35	20.9	12	53.85	43.38	11	12.3%	-18.50 [-46.73, 9.73]			
Morin 1999	34.44	22	18	62.38	39.4	17	15.5%	-27.94 [-49.25, -6.63]			
Savard 2005	51.54	31.09	27	44.5	27.24	30	18.8%	7.04 [-8.21, 22.29]		_+•-	
Subtotal (95% CI)			105			82	62.7%	-8.62 [-25.23, 8.00]		◆	
Heterogeneity: Tau ² =	= 173.73;	Chi² = 1	7.82, di	f=3(P:	= 0.05);	$I^2 = 62^{\circ}$	%				
Test for overall effect:	Z = 1.02	!(P = 0.3)	31)								
Total (95% CI)			211			181	100.0%	-16.64 [-30.76, -2.51]		•	
Heterogeneity: Tau ² =	= 216.43;	Chi²=	15.88,	df = 6 (F	P = 0.01	$); I^2 = 60$	2%		-100	-50 0 50	10
Test for overall effect	Z = 2.31	(P = 0.0	02)						-100	Favours CBT-I Favours Control	10
Test for subgroup dif	ferences	: Chi²=	3.75, d	f=1(P	= 0.05).	$J^2 = 73$.3%			1 avours CD1 1 Tavours Control	

Wake after sleep onset (PSG): Insomnia and no comorbidities

Table S6, PSG-determined WASO (minutes), post treatment differences, CBT-I vs. control

Study	Delivery		CBT-I			Control		Mean Difference, [95% CI]
	method	Mean	SD	Total	Mean	SD	Total	
Morin 1993	Group delivery	35.35	20.9	12	53.85	43.38	11	-18.50[-46.73, 9.73]
Morin 1999	Group delivery	34.44	22	18	62.38	39.4	17	-27.94[-49.25, -6.63]

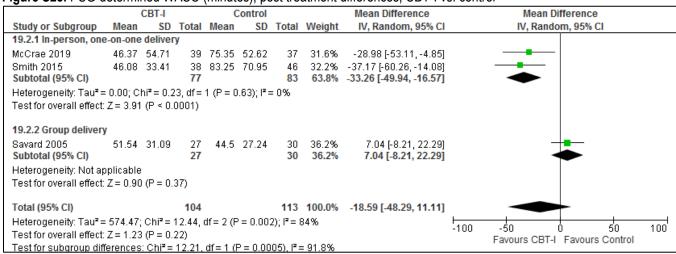
Wake after sleep onset (PSG): Insomnia and comorbid psychiatric conditions

Table S7. PSG-determined WASO (minutes), post treatment differences, CBT-I vs. control

Study	Delivery		CBT-I			Control		Mean Difference, [95% CI]
	method	Mean	SD	Total	Mean	SD	Total	
Talbot 2014	In-person,	39.25	41.63	29	57.63	73.12	16	-18.38[-57.28, 20.52]
	one-on-one							
	delivery							

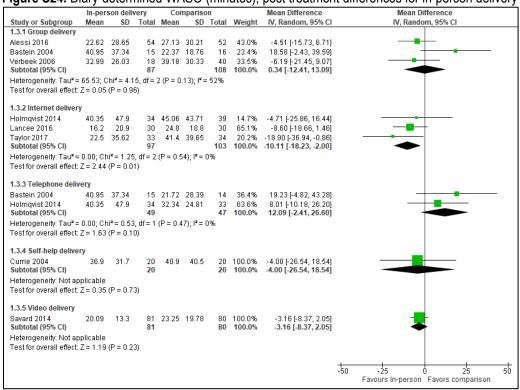
Wake after sleep onset (PSG): Insomnia and comorbid medical conditions

Figure S23. PSG-determined WASO (minutes), post treatment differences, CBT-I vs. control



Wake after sleep onset (Diary): In-person delivery vs. comparison

Figure S24. Diary-determined WASO (minutes), post treatment differences for in-person delivery



^{*} each subgroup of delivery method is reported separately in the results section

Wake after sleep onset (Act): In-person delivery vs. comparison

Table S8. Actigraphy-determined WASO (minutes), post treatment differences for in-person delivery

Study		In-person CB	T-I	Gr	oup delivery C	Mean Difference, [95% CI]	
	Mean	SD	Total	Mean	SD	Total	
Yamadera 2013	15.8	11.18	20	12.5	10.5	25	3.30[-3.10, 9.70]

Table S9. Actigraphy-determined WASO (minutes), post treatment differences for in-person delivery

Study		In-person CB	Γ-Ι	Inte	ernet delivery (Mean Difference, [95% CI]	
	Mean	SD	Total	Mean	SD	Total	
Taylor 2017	49.3	22.8	33	54.1	25.07	34	-4.80 [-16.27, 6.67]

Remission rates

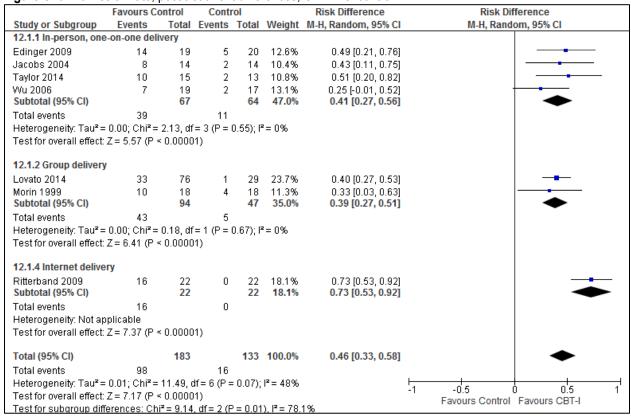
Figure \$25. ISI/Diary-determined remission rate post treatment differences. CRT-Lys control

	CBT-	1	Contr	ol		Risk Difference	Risk Difference
Study or Subgroup					Woight	M-H, Random, 95% CI	M-H, Random, 95% CI
5.1.1 In-person, one-on-one delivery	Lvents	rotal	Lvelits	rotal	vveignt	m-11, Nanuvill, 9370 Cl	m-n, Kandoni, 95% Ci
		40		4.7	0.00/	0.00 10.05 0.50	
Currie 2004 (in-person)	6	16	1	17	2.9%	0.32 [0.05, 0.58]	
Drake 2019	41	49	16	48	4.4%	0.50 [0.33, 0.67]	
Edinger 2009	14	19	5	20	2.7%	0.49 [0.21, 0.76]	
Harvey 2015	15	22	2	19	3.2%	0.58 [0.34, 0.82]	
Jacobs 2004	8	14	2	14	2.2%	0.43 [0.11, 0.75]	
Jansson-Frojmark 2012 (J Clin Psycho Med Settings)	4	17	0	15	3.5%	0.24 [0.02, 0.45]	
Savard 2014 (in-person)	54	70	35	76	4.8%	0.31 [0.16, 0.46]	
Smith 2015	32	43	20	48	4.0%	0.33 [0.14, 0.52]	
Talbot 2014	11	27	0	15	3.8%	0.41 [0.21, 0.61]	
Taylor 2014	10	15	2	13	2.3%	0.51 [0.20, 0.82]	
Wagley 2013	2	21	Ó	10	4.2%	0.10 [-0.09, 0.28]	
Wu 2006	7	19	2	17	2.8%	0.25 [-0.01, 0.52]	<u> </u>
Subtotal (95% CI)	- '	332	2	312	40.8%	0.36 [0.28, 0.44]	
		332		312	40.070	0.50 [0.20, 0.44]	_
Total events	204		85				
Heterogeneity: Tau² = 0.01; Chi² = 19.29, df = 11 (P = 0.0 Fest for overall effect: Z = 8.37 (P < 0.00001)	36); I* = 43	1%					
5.1.2 Group delivery							
Currie 2000	13	32	2	28	3.9%	0.33 [0.14, 0.53]	
Espie 2007	32	107	17	94	5.5%	0.12 [0.00, 0.23]	
Fleming 2014	38	73	7	40	4.5%	0.35 [0.18, 0.51]	
Irwin 2014	27	50	5	25	3.7%	0.34 [0.13, 0.55]	
Lovato 2014	33	76	1	29	5.2%	0.40 [0.27, 0.53]	
Morin 1999	10	18	4	18	2.4%	0.33 [0.03, 0.63]	
Sandlund 2017	41	82	18	71	4.8%	0.25 [0.10, 0.39]	
Savard 2005	12	23	2	28	3.4%	0.45 [0.22, 0.68]	
Subtotal (95% CI)		461	-	333	33.5%	0.31 [0.22, 0.40]	•
Total events	206		56				
		,	30				
Heterogeneity: Tau* = 0.01; Chi* = 14.52, df = 7 (P = 0.04 Test for overall effect: Z = 6.85 (P < 0.00001)	+),1 = 323	0					
5.1.3 Self-help delivery							
Currie 2004 (self-help)	3	15	1	17	3.3%	0.14 [-0.09, 0.37]	 -
Jernelov 2012	11	45	1	44	5.2%	0.22 [0.09, 0.35]	
Subtotal (95% CI)		60		61	8.5%	0.20 [0.09, 0.32]	•
Total events	14		2				
Heterogeneity: Tau² = 0.00; Chi² = 0.35, df = 1 (P = 0.55) Test for overall effect: Z = 3.43 (P = 0.0006)	; I² = 0%						
5.1.4 Internet delivery							
Horsch 2017	17	45	6	62	4.6%	0.28 [0.12, 0.44]	
Ritterband 2009	16	22	0	22	3.9%	0.73 [0.53, 0.92]	
Ritterband 2012	7	14	2	14	2.2%	0.36 [0.04, 0.68]	
Subtotal (95% CI)		81		98	10.7%	0.46 [0.14, 0.77]	
Total events	40		8				
Heterogeneity: Tau² = 0.06; Chi² = 13.08, df = 2 (P = 0.00 Test for overall effect: Z = 2.85 (P = 0.004)		i%	J				
5.1.5 Video delivery							
Savard 2014 (Video)	38	57	35	76	4.5%	0.21 [0.04, 0.37]	
Subtotal (95% CI)	_	57		76	4.5%	0.21 [0.04, 0.37]	•
Total events	38		35				
Heterogeneity: Not applicable							
Fest for overall effect: Z = 2.43 (P = 0.01)							
5.1.6 Telephone delivery							
Arnedt 2013	11	15	6	15	2.1%	0.33 [-0.00, 0.67]	
Subtotal (95% CI)		15		15	2.1%	0.33 [-0.00, 0.67]	
Total events	11		6				
Heterogeneity: Not applicable							
Test for overall effect: Z = 1.96 (P = 0.05)							
Total (95% CI)		1006		895	100.0%	0.33 [0.28, 0.39]	•
Fotal events	513		192				
Heterogeneity: Tau² = 0.01; Chi² = 58.68, df = 26 (P = 0.0	0003); I ²=	56%				_	
Test for overall effect: Z = 11.40 (P < 0.00001)							-0.5 -0.25 0 0.25 0.5
Test for subgroup differences: $Chi^2 = 6.95$, $df = 5$ (P = 0.							Favours Control Favours CBTI

^{*}Currie 2004 (in-person and self) uses same control data Savard 2014 (in-person and video) uses same control data

Remission rate: Insomnia and no comorbidities

Figure S26. Remission rate, post treatment differences, CBT-I vs. control



Remission rate: Insomnia and comorbid psychiatric conditions

Figure S27. Remission rate, post treatment differences, CBT-I vs. control

	Favours Cor	ntrol	Contr	ol		Risk Difference	Risk Difference
Study or Subgroup	Events	Total	Events	Total	Weight	M-H, Random, 95% CI	M-H, Random, 95% CI
14.1.1 In-person, one-on-or	ne delivery						
Currie 2004 (in-person)	6	16	1	17	17.5%	0.32 [0.05, 0.58]	
Harvey 2015	15	22	2	19	18.8%	0.58 [0.34, 0.82]	
Talbot 2014	11	27	0	15	20.8%	0.41 [0.21, 0.61]	
Wagley 2013 Subtotal (95% CI)	2	21 86	0	10 61	21.9% 79.0 %	0.10 [-0.09, 0.28] 0.34 [0.12, 0.56]	—
Total events	34		3				
Heterogeneity: Tau ² = 0.04;	Chi ² = 12.20), df = 3	(P = 0.00	07); I ² =	75%		
Test for overall effect: $Z = 3.0$	05 (P = 0.00)	2)					
14.1.3 Self-help delivery							
Currie 2004 (self-help) Subtotal (95% CI)	3	17 17	0	17 17	21.0% 21.0%	0.18 [-0.02, 0.37] 0.18 [-0.02, 0.37]	
Total events	3		0				
Heterogeneity: Not applicab	le						
Test for overall effect: $Z = 1.7$	75 (P = 0.08))					
Total (95% CI)		103		78	100.0%	0.31 [0.13, 0.48]	•
Total events	37		3				
Heterogeneity: Tau ² = 0.03;	Chi ² = 13.70), df = 4	(P = 0.00	08); I² =	71%		-1 -0.5 0 0.5 1
Test for overall effect: $Z = 3$.	40 (P = 0.00)	07)					Favours Control Favours CBT-I
Test for subgroup difference	es: Chi² = 1.3	21. df=	1 (P = 0.	27), l²:	= 17.1%		1 avours Control 1 avours CD14

Remission rate: Insomnia and comorbid medical conditions

Figure S28. Remission rate, post treatment differences, CBT-I vs. control

	Favours C	ontrol	Contr	ol		Risk Difference	Risk Difference
Study or Subgroup	Events				Weight	M-H, Random, 95% CI	M-H, Random, 95% CI
13.1.1 In-person, one-on-one delivery						,	
Jansson-Frojmark 2012 (J Clin Psycho Med Settings)	4	17	0	15	9.8%	0.24 [0.02, 0.45]	
Savard 2014	54	70	35	76	17.5%	0.31 [0.16, 0.46]	_ -
Smith 2015	32	43	20	48	12.1%	0.33 [0.14, 0.52]	_
Subtotal (95% CI)		130		139	39.3%	0.30 [0.20, 0.40]	•
Total events	90		55				
Heterogeneity: $Tau^2 = 0.00$; $Chi^2 = 0.47$, $df = 2 (P = 0.79)$ Test for overall effect: $Z = 5.66 (P < 0.00001)$; I² = 0%						
13.1.2 Group delivery							
Currie 2000	13	32	2	28	11.7%	0.33 [0.14, 0.53]	_ -
Rybarczyk 2005 (Journal of consulting & clinical)	35	46	11	46	13.9%	0.52 [0.35, 0.70]	
Savard 2005	12	23	2	28	9.2%	0.45 [0.22, 0.68]	
Subtotal (95% CI)		101		102	34.8%	0.44 [0.33, 0.55]	-
Total events	60		15				
Heterogeneity: Tau ² = 0.00; Chi ² = 1.98, df = 2 (P = 0.37). Test for overall effect: Z = 7.69 (P < 0.00001)	; I* = 0%						
13.1.4 Internet delivery							
Ritterband 2012	7	14	2	14	4.9%	0.36 [0.04, 0.68]	
Subtotal (95% CI)		14		14	4.9%	0.36 [0.04, 0.68]	
Total events	7		2				
Heterogeneity: Not applicable							
Test for overall effect: Z = 2.19 (P = 0.03)							
13.1.5 Video delivery							
Rybarczyk 2005 (Behavioral Sleep Medicine)	6	12	0	13	6.0%	0.50 [0.21, 0.79]	-
Savard 2014	38	57	35	76	15.0%	0.21 [0.04, 0.37]	
Subtotal (95% CI)		69		89	21.0%	0.33 [0.04, 0.62]	
Total events	44		35				
Heterogeneity: Tau 2 = 0.03; Chi 2 = 3.12, df = 1 (P = 0.08). Test for overall effect: Z = 2.23 (P = 0.03)	; I² = 68%						
Total (95% CI)		314		344	100.0%	0.35 [0.27, 0.42]	•
Total events	201		107				
Heterogeneity: Tau ² = 0.00; Chi ² = 9.84, df = 8 (P = 0.28).	P=19%					<u>⊢</u> -1	-0.5 0 0.5 1
Test for overall effect: Z = 9.20 (P < 0.00001)						-1	Favours Control Favours CBT-I
Test for subgroup differences: $Chi^z = 3.41$, $df = 3$ (P = 0.3)	33), $I^2 = 12.1$	1%					. a.ca.o coa.c around obi i

Remission rate: In-person delivery vs. comparison
Figure S29. Diary/ISI-determined remission rate, post treatment differences for in-person delivery

	In-pers	son	Compar	ison		Risk Difference		Risk Difference	
Study or Subgroup	Events	Total	Events	Total	Weight	M-H, Random, 95% CI		M-H, Random, 95% CI	
1.4.1 Group delivery									
Verbeek 2006	6	18	6		100.0%	0.18 [-0.06, 0.43]		+	
Subtotal (95% CI)		18		40	100.0%	0.18 [-0.06, 0.43]			
Total events	6		6						
Heterogeneity: Not ap	•								
Test for overall effect:	Z = 1.47	(P = 0.1)	4)						
1.4.4 Self-help delive	гу							<u>_</u>	
Currie 2004	6	16	3		100.0%	0.17 [-0.14, 0.49]		- • • • • • • • • • 	
Subtotal (95% CI)		16		15	100.0%	0.17 [-0.14, 0.49]			
Total events	6		3						
Heterogeneity: Not ap	•								
Test for overall effect:	Z = 1.10	(P = 0.2)	27)						
1.4.5 Video delivery									
Savard 2014	54	70	38	57	100.0%	0.10 [-0.05, 0.26]		+	
Subtotal (95% CI)		70		57	100.0%	0.10 [-0.05, 0.26]		-	
Total events	54		38						
Heterogeneity: Not ap	plicable								
Test for overall effect:	Z = 1.31 ((P = 0.1)	9)						
							-1	-0.5 0 0.5	1
Took for our borner of the		Obiz. i	0.00 46	2 (D = 2	0.4) 12. 0	100		Favors comparison Favors in-person	
<u>Test for subaroup diff</u>	<u>erences:</u>	∪mr= i	บ. 56, ตุก=	<u> </u>	.84), I*= L	17/0			

^{*} each subgroup of delivery method is reported separately in the results section

Responder rates

Figure S30. ISI/Diary-determined responder rate, post treatment differences, CBT-I vs. control

Figure S30. ISI/Diary-determined respon-					JIII EI EI		
Charles and Carlo annual	Experime		Contr		Mainte	Risk Difference	Risk Difference
Study or Subgroup	Events	Total	Events	Total	Weight	M-H, Random, 95% CI	M-H, Random, 95% CI
6.1.1 In-person, one-on-one delivery	_		_				
Edinger 2005 (Sleep hygiene)	8	14	2	20	3.2%	0.47 [0.18, 0.76]	
Edinger 2007	6	17	1	11	3.3%	0.26 [-0.02, 0.55]	
Harvey 2015	15	22	5	19	3.4%	0.42 [0.14, 0.70]	
Jansson-Frojmark 2012 (J Clin Psycho Med Settings)	13	17	1	15	4.4%	0.70 [0.46, 0.94]	
Lancee 2016 (in-person)	21	29 99	1	25 90	6.9%	0.68 [0.50, 0.86]	
Subtotal (95% CI)		99		90	21.2%	0.53 [0.36, 0.69]	_
Total events	63		10				
Heterogeneity: $Tau^2 = 0.02$; $Chi^2 = 8.94$, $df = 4$ (P = 0.06) Test for overall effect: $Z = 6.21$ (P < 0.00001)); I²= 55%						
6.1.2 Group delivery							
Bothelius 2013	15	26	2	28	5.3%	0.51 [0.29, 0.72]	
Rybarczyk 2002	8	14	1	16	3.3%	0.51 [0.22, 0.79]	
Rybarczyk 2005 (Journal of consulting & clinical)	35	46	11	46	7.2%	0.52 [0.35, 0.70]	
Sandlund 2017	41	82	3	71	11.7%	0.46 [0.34, 0.58]	
Subtotal (95% CI)	71	168	,	161	27.5%	0.48 [0.40, 0.57]	•
Total events	99		17			2,,	
Heterogeneity: Tau ² = 0.00; Chi ² = 0.44, df = 3 (P = 0.93)			- ''				
Test for overall effect: Z = 11.22 (P < 0.00001)	,,1 - 0 20						
6.1.3 Telephone delivery							
Arnedt 2013	13	15	7	15	2.9%	0.40 [0.09, 0.71]	
Subtotal (95% CI)		15		15	2.9%	0.40 [0.09, 0.71]	
Total events	13		7				
Heterogeneity: Not applicable							
Test for overall effect: Z = 2.57 (P = 0.01)							
6.1.4 Internet delivery							
Espie 2012 (Imagery relief)	23	43	10	88	7.9%	0.42 [0.26, 0.58]	
Hagatun 2019	40	77	5	65	10.6%	0.44 [0.31, 0.57]	
Horsch 2017	20	45	7	62	7.7%	0.33 [0.17, 0.50]	
Lancee 2015	13	25	4	22	4.0%	0.34 [0.08, 0.59]	-
Lancee 2016 (internet)	10	26	1	25	5.8%	0.34 [0.14, 0.55]	
Subtotal (95% CI)		216		262	36.0%	0.39 [0.32, 0.47]	•
Total events	106		27				
Heterogeneity: Tau ² = 0.00; Chi ² = 1.61, df = 4 (P = 0.81)							
Test for overall effect: Z = 10.13 (P < 0.00001)	,, ,,,						
6.1.5 Self-help delivery							
Jernelov 2012	15	45	1	44	9.2%	0.31 [0.17, 0.46]	
Subtotal (95% CI)		45		44	9.2%	0.31 [0.17, 0.46]	•
Total events	15		1				
Heterogeneity: Not applicable							
Test for overall effect: Z = 4.21 (P < 0.0001)							
6.1.6 Video delivery							
Rybarczyk 2005 (Behavioral Sleep Medicine)	6	12	0	13	3.2%	0.50 [0.21, 0.79]	
Subtotal (95% CI)		12		13	3.2%	0.50 [0.21, 0.79]	
Total events	6		0				
Heterogeneity: Not applicable							
Test for overall effect: $Z = 3.39$ (P = 0.0007)							
Total (95% CI)		555		585	100.0%	0.45 [0.39, 0.50]	•
Total events	302		62				
Heterogeneity: Tau 2 = 0.00; Chi 2 = 21.21, df = 16 (P = 0.1)		6	02				
Test for overall effect: Z = 15.83 (P < 0.00001)	20	~					-1 -0.5 0 0.5
Test for subgroup differences: $Chi^2 = 6.79$, $df = 5$ (P = 0.	24) 12 - 26	396					Favours Control Favours CBTI
restroi supgroup amerences; Office 6.79, at = 5 (P = 0.	$241, 1^{\circ} = 26.$	J70					

*Espie 2012 (imagery and usual care) pooled control date
Lancee 2016 (in-person and internet) uses same control data
Edinger 2005 (usual care and sleep hygiene) pooled control data

Responder rate: Insomnia and no comorbidities

Table S10. Responder rate, post treatment differences, CBT-I vs. control

Study	Delivery CBT-I		BT-I	С	ontrol	Risk Difference [95% CI]
	method	Events	Total	Events	Total	
Edinger 2007	In-person delivery	6	17	1	11	0.26[-0.02, 0.55]
Hagatun 2019	Internet delivery	40	77	5	65	0.44[0.31, 0.57]

Responder rate: Comorbid insomnia to psychiatric conditions

Figure S31. Responder rate post treatment differences CBT-Lys control

	Favours C	ontrol	Contr	ol		Risk Difference	Risk Difference	
Study or Subgroup	Events	Total	Events	Total	Weight	M-H, Random, 95% CI	M-H, Random, 95% CI	
1.1.1 In-person, one-on-one delivery								
Harvey 2015 Subtotal (95% CI)	15	22 22	5	19 19	22.4% 22.4 %	0.42 [0.14, 0.70] 0.42 [0.14, 0.70]	•	
Total events	15		5					
Heterogeneity: Not applicable								
Test for overall effect: Z = 2.96 (P = 0.003)								
I.1.2 Group delivery								
Rybarczyk 2005 (Journal of consulting & clinical) Subtotal (95% CI)	35	46 46	11	46 46	56.9% 56.9%	0.52 [0.35, 0.70] 0.52 [0.35, 0.70]	•	
Fotal events	35		11					
Heterogeneity: Not applicable								
Fest for overall effect: Z = 5.87 (P < 0.00001)								
1.1.5 Video delivery								
Rybarczyk 2005 (Behavioral Sleep Medicine)	6	12	0	13	20.7%	0.50 [0.21, 0.79]		
Subtotal (95% CI)		12		13	20.7%	0.50 [0.21, 0.79]	-	
Fotal events	6		0					
Heterogeneity: Not applicable								
Fest for overall effect: Z = 3.39 (P = 0.0007)								
Total (95% CI)		80		78	100.0%	0.49 [0.36, 0.63]	•	
Fotal events	56		16					
Heterogeneity: Tau² = 0.00; Chi² = 0.38, df = 2 (P =	= 0.83); I ^z = 09	%					-1 -0.5 0 0.5	
Fest for overall effect: Z = 7.37 (P < 0.00001)							Favours Control Favours CBT-I	
<u> [est for subaroup differences: Chi² = 0.38, df = 2 </u>	$(P = 0.83), I^2 =$: 0%						

Responder rate: Comorbid insomnia to medical conditions

Figure \$32. Responder rate, post treatment differences, CBT-Lvs, control.

	Favours Inter	vention	Contr	ol		Risk Difference	Risk Difference
Study or Subgroup	Events	Total	Events	Total	Weight	M-H, Random, 95% CI	M-H, Random, 95% CI
2.1.1 In-person, one-on-one delivery							
Edinger 2005 (Sleep hygiene)	8	14	2	20	28.3%	0.47 [0.18, 0.76]	
Jansson-Frojmark 2012 (J Clin Psycho Med Settings) Subtotal (95% Cl)	13	17 31	1	15 35	42.3% 70.6%	0.70 [0.46, 0.94] 0.60 [0.37, 0.83]	
Total events Heterogeneity: $Tau^2 = 0.01$; $Chi^2 = 1.47$, $df = 1$ ($P = 0.23$) Test for overall effect: $Z = 5.22$ ($P < 0.00001$)	21 ; I*= 32%		3				
2.1.2 Group delivery							
Rybarczyk 2002 Subtotal (95% CI)	8	14 14	1	16 16	29.4% 29.4%	0.51 [0.22, 0.79] 0.51 [0.22, 0.79]	
Total events Heterogeneity: Not applicable Test for overall effect: Z = 3.50 (P = 0.0005)	8		1				
Total (95% CI)		45		51	100.0%	0.58 [0.42, 0.73]	•
Total events Heterogeneity: Tau² = 0.00; Chi² = 1.78, df = 2 (P = 0.41) Test for overall effect: Z = 7.33 (P < 0.00001) Test for subgroup differences: Chi² = 0.24, df = 1 (P = 0.			4				-1 -0.5 0 0.5 Favours Control Favours CBT-I

Edinger 2005 (usual care and sleep hygiene) pooled control data

Responder rate: In-person delivery vs. comparison **Table S11.** ISI -determined remission rate, post treatment differences for in-person delivery

Study	CBT-I In-pe	erson delivery	CBT-I Inte	ernet delivery	Risk Difference [95% CI]
	Events	Total	Events	Total	
Lancee 2016	21	30	10	27	0.33[0.08, 0.57]

Beliefs and attitudes about sleep

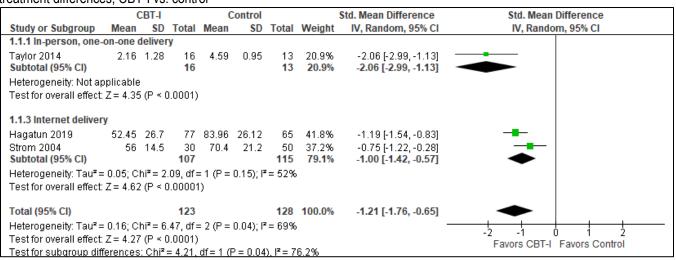
Figure S33. Dysfunctional Beliefs and Attitudes about Sleep (DBAS)-determined beliefs and attitudes about sleep, post treatment differences, CBT-I vs. control

04-4		BT-I	T-4-1		ontrol	T-4-:		Std. Mean Difference	Std. Mean Difference
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Random, 95% CI	IV, Random, 95% CI
1.1.1 In-person, one-on-one delivery									
McCrae 2019	87.05			120.05		37	5.7%	-0.87 [-1.34, -0.40]	
Savard 2014 (In-person)	1.83	1	70	4.55	1.55	76	5.8%	-2.06 [-2.46, -1.65]	
Taylor 2014	2.16	1.28	16	4.59	0.95	13	4.7%	-2.06 [-2.99, -1.13]	
Taylor 2017(in-person) Subtotal (95% CI)	3.1	1.72	33 158	5.2	2.3	33 159	5.6% 21.8%	-1.02 [-1.54, -0.51]	
Subtotal (95% CI) Heterogeneity: Tau² = 0.38; Chi² = 18.89, df = 3 (P = 0.000	3); I² = 6				159	21.0%	-1.47 [-2.14, -0.80]	
Test for overall effect: Z = 4.29 (P < 0.0001)									
1.1.2 Group delivery									
Rybarczyk 2002	13.8	11.7	11	27.2	8.8	13	4.8%	-1.27 [-2.16, -0.37]	
Rybarczyk 2005 - Group(Journal of consulting)	20.4	10.4	43 54	27	8	44 57	5.7%	-0.71 [-1.14, -0.27]	<u> </u>
Subtotal (95% CI) Heterogeneity: Tau² = 0.03; Chi² = 1.22, df = 1 (F) = 0.27); P	²= 18%				5/	10.5%	-0.84 [-1.32, -0.37]	
Test for overall effect: Z = 3.50 (P = 0.0005)	,,								
1.1.3 Internet delivery									
Hagatun 2019	52.45	26.7	77	83.96	26.12	65	5.8%	-1.19 [-1.54, -0.83]	
Horsch 2017	4.7	1.4	45	4.87	1.6	63	5.8%	-0.11 [-0.49, 0.27]	
Strom 2004	56	14.5	30	70.4	21.2	50	5.7%	-0.75 [-1.22, -0.28]	
Taylor 2017 (internet)	4.1	2.33	34	5.2	2.3	33	5.6%	-0.47 [-0.96, 0.02]	
Vincent 2009	33.07	8.45	59	40.8	8.37	59	5.8%	-0.91 [-1.29, -0.53]	
Subtotal (95% CI)	33.07	0.43	245	40.0	0.37	270	28.8%	-0.69 [-1.08, -0.30]	•
Heterogeneity: Tau² = 0.15; Chi² = 18.22, df = 4 (Test for overall effect: Z = 3.47 (P = 0.0005)	[P = 0.001]); I² = 78	3%						
1.1.4 Self-help delivery									
Bjorvatn 2011	4.8	1.9	66	5.4	1.8	61	5.8%	-0.32 [-0.67, 0.03]	
Jernelov 2012	58	30.8	43	122.7	30.7	39	5.5%	-2.08 [-2.63, -1.54]	
Mao 2017	100.54	7.27	52	92.22	10.33	52	5.8%	0.92 [0.52, 1.33]	
Van Straten 2009	79.3	13.8	126	69.3	13.1	121	6.0%	0.74 [0.48, 1.00]	
Subtotal (95% CI)		. 2.3	287	20.0		273	23.1%	-0.17 [-1.26, 0.93]	
Heterogeneity: Tau² = 1.20; Chi² = 105.64, df = 3 Test for overall effect: Z = 0.30 (P = 0.76)	(P < 0.00	001); l²	= 97%						
1.1.5 Telephone delivery									
Arnedt 2013 Subtotal (95% CI)	3.2	1	15 15	4	2	15 15	5.2% 5.2%	-0.49 [-1.22, 0.24] - 0.49 [-1.22, 0.24]	
Heterogeneity: Not applicable								•	-
Test for overall effect: Z = 1.33 (P = 0.19)									
1.1.6 Video delivery									
Rybarczyk 2005 (Behavioral Sleep Medicine)	15.7	8.6	12	27.2	8.8	13	4.9%	-1.28 [-2.15, -0.40]	
Savard 2014 (Video) Subtotal (95% CI)	2.91	1.49	55 67	4.55	1.55	76 89	5.8% 10.7%	-1.07 [-1.44, -0.70] - 1.10 [-1.44, -0.76]	
	- 0 679 °	2 - 00/	01			03	10.770	-1.10 [-1.44, -0.70]	•
Heterogeneity: Tau² = 0.00; Chi² = 0.19, df = 1 (F Fest for overall effect: Z = 6.32 (P < 0.00001)	= 0.07); [= 0%							
Fotal (95% CI)			826			863	100.0%	-0.81 [-1.24, -0.38]	•
Heterogeneity: Tau² = 0.78; Chi² = 282.70, df = 1	7 (P < 0.0	0001):1	² = 949	6				_	
Fest for overall effect: Z = 3.70 (P = 0.0002)				-					-2 -1 0 1 2
Test for subgroup differences: Chi² = 8.15, df = 6	5 /P = 0.44	3 13 - 3	Q 70%						Favors CBT-I Favors Control

^{*}Savard 2014 (in-person and video) uses same control data
*Taylor 2017 (in-person and internet) uses same control data

Beliefs and attitudes about sleep: Insomnia and no comorbidities

Figure S34. Dysfunctional Beliefs and Attitudes about Sleep (DBAS)-determined beliefs and attitudes about sleep, post treatment differences, CBT-I vs. control



Beliefs and attitudes about sleep: Insomnia and comorbid medical conditions

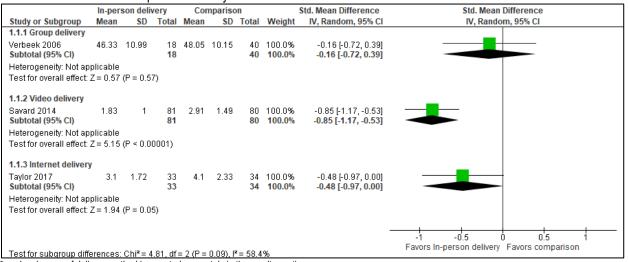
Figure S35. Dysfunctional Beliefs and Attitudes about Sleep (DBAS)-determined beliefs and attitudes about sleep, post treatment differences, CBT-I vs. control

		CBT-I		C	ontrol		!	Std. Mean Difference	Std. Mean Difference
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Random, 95% CI	IV, Random, 95% CI
3.1.1 Group delivery									
Rybarczyk 2002	13.8	11.7	11	27.2	8.8	13	12.2%	-1.27 [-2.16, -0.37]	
Rybarczyk 2005 - Group (Journal of consulting) Subtotal (95% CI)	20.4	10.4	43 54	27	8	44 57	18.6% 30.9%	-0.71 [-1.14, -0.27] - 0.84 [-1.32, -0.37]	•
Heterogeneity: Tau ^z = 0.03; Chi ^z = 1.22, df = 1 (Test for overall effect: $Z = 3.50$ (P = 0.0005)	P = 0.27);	I ^z = 18 ⁴	%						
3.1.2 in-person delivery									
McCrae 2019	87.05	37.21	39	120.05	38.14	37	18.1%	-0.87 [-1.34, -0.40]	
Savard 2014 (in-person) Subtotal (95% CI)	1.83	1	70 109	4.55	1.55	76 113	19.1% 37.2%	-2.06 [-2.46, -1.65] - 1.47 [-2.63 , - 0.30]	-
Heterogeneity: Tau² = 0.66; Chi² = 14.12, df = 1 Test for overall effect: Z = 2.47 (P = 0.01)	(P = 0.00	02); l²=	93%						
3.1.6 Video delivery									
Rybarczyk 2005 (Behavioral Sleep Medicine)	15.7	8.6	12	27.2	8.8	13	12.5%	-1.28 [-2.15, -0.40]	
Savard 2014 (video) Subtotal (95% CI)	2.91	1.49	55 67	4.55	1.55	76 89	19.5% 32.0%	-1.07 [-1.44, -0.70] - 1.10 [-1.44 , - 0.76]	•
Heterogeneity: Tau ^z = 0.00; Chi ^z = 0.19, df = 1 (Test for overall effect: $Z = 6.32$ (P < 0.00001)	P = 0.67);	I² = 0%							
Total (95% CI)			230			259	100.0%	-1.20 [-1.67, -0.74]	•
Heterogeneity: $Tau^2 = 0.25$; $Chi^2 = 24.75$, $df = 5$	(P = 0.00)	02); l² =	80%					-	-
Test for overall effect: $Z = 5.07$ (P < 0.00001)									Favors CBT-I Favors Control
Test for subgroup differences: Chi2 = 1.30, df =	2 (P = 0.5)	52), I ² =	0%						1 40013 0514 1 40013 00111101

Beliefs and attitudes about sleep: In-person delivery vs. comparison

Figure S36. Dysfunctional Beliefs and Attitudes about Sleep (DBAS)-determined beliefs and attitudes about sleep, post

treatment differences for in-person delivery



^{*} each subgroup of delivery method is reported separately in the results section

Daytime fatigue

Figure S37. Fatigue tools-determined daytime fatigue, post treatment differences, CBT-I vs. control

		CBT-I		-	Control		<u> </u>	Std. Mean Difference	Std. Mean Difference
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight		IV, Random, 95% CI
2.1.1 In-person, one-	on-one d	elivery						, , , , , , , , , , , , , , , , , , ,	
Pigeon 2012	42.5	7.5	6	54.5	3.7	4	3.1%	-1.71 [-3.30, -0.12]	
Taylor 2014	9.81	3.23		12.77	2.68	13	7.9%		
Subtotal (95% CI)			22			17	11.0%	-1.10 [-1.80, -0.41]	•
Heterogeneity: Tau² =			•	(P = 0.4)	41); $I^2 = 0$	%			
Test for overall effect	Z = 3.10	(P = 0.0)	02)						
2.1.2 Group delivery									
Dirksen 2007	5.7	5.3	34	8.5	7.6	38	11.6%	-0.42 [-0.89, 0.05]	-
Lovato 2014	9.14	5.41	76	12.56	5.55	29	12.0%	-0.62 [-1.06, -0.19]	
Martinez 2014	4.05	0.79	30	4.45	0.63	27	10.8%	-0.55 [-1.08, -0.02]	-
Subtotal (95% CI)			140			94	34.4%	-0.53 [-0.81, -0.26]	◆
Heterogeneity: Tau² =	= 0.00; Cł	ni = 0.40	, df = 2	(P = 0.8)	82); I² = 0	%			
Test for overall effect	Z= 3.82	(P = 0.0)	001)						
2.1.3 Internet deliver	у								
Espie 2019	15.91	177.57	853	11.84	191.56	858	15.5%	0.02 [-0.07, 0.12]	+
Ritterband 2012	9.5	18.32	14	19.79	20.64	14	8.2%	-0.51 [-1.27, 0.24]	
Thorndike 2013	3.8	13.9	22	16.2	16.2	22	9.7%	-0.81 [-1.42, -0.19]	
Vincent 2009	12.35	3.92	59	14.71	3.99	59	12.9%		-
Subtotal (95% CI)			948			953	46.3%	-0.42 [-0.90, 0.05]	•
Heterogeneity: Tau ² =				3 (P = 0)).0005); P	'= 83%			
Test for overall effect	Z= 1.74	(P = 0.0)	8)						
2.1.4 Telephone deli	very								
Arnedt 2013	9.6	2.1	15	12.1	4.7	15	8.3%		
Subtotal (95% CI)			15			15	8.3%	-0.67 [-1.41, 0.07]	◆
Heterogeneity: Not ap									
Test for overall effect	Z=1.77	(P = 0.0)	8)						
Total (95% CI)			1125			1079	100.0%	-0.56 [-0.87, -0.25]	•
Heterogeneity: Tau ^z =	0.16; Ch	$ni^2 = 40.2$	9, df=	9 (P < 0).00001);	l ² = 78°	%	_	-5 -1 1 1 5
Test for overall effect	Z = 3.53	(P = 0.0)	004)						Favors CBT-I Favors Control
Test for subgroup dif	ferences:	: Chi ² = 2	.75, df	= 3 (P =	0.43), I²	= 0%			. 3.013 051 1 1 44013 0011101

^{*}Espie 2019 converted SE to SD

^{*}Vincent 2009 converted SE to SD

Daytime fatigue: Insomnia and no comorbidities

Table S12. Fatique tools-determined daytime fatique, post treatment differences, CBT-I vs. control

Study	Delivery		CBT-I			Control	Std. Mean Difference,	
	method	Mean	SD	Total	Mean	SD	Total	[95% CI]
Taylor 2014	In-person delivery	9.81	3.23	16	12.77	2.68	13	-0.96[-1.74, -0.18]
Lovato 2014	Group delivery	9.14	5.41	76	12.56	5.55	29	-0.62[-1.06, -0.19]

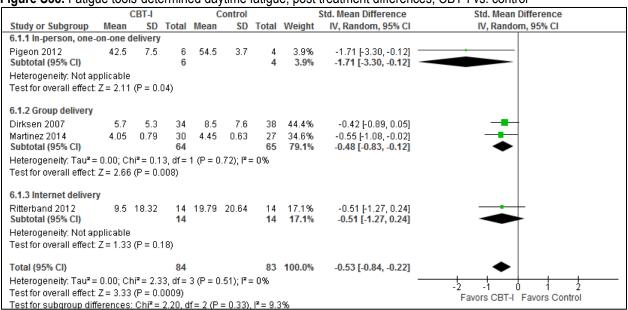
Daytime fatigue: Insomnia and comorbid psychiatric conditions

Table S13. Fatigue tools-determined daytime fatigue, post treatment differences, CBT-I vs. control

Study	Delivery		CBT-I			Control	Std. Mean Difference,	
	method	Mean	SD	Total	Mean	SD	Total	[95% CI]
Thorndike20 13	Internet delivery	3.8	13.9	22	16.18	16.16	22	-0.81[-1.42, -0.19]

Daytime fatigue: Insomnia and comorbid medical conditions

Figure S38. Fatigue tools-determined daytime fatigue, post treatment differences, CBT-I vs. control



Daytime fatigue: In-person delivery vs. comparison:

Table S14. Diary-determined quality of sleep, post treatment differences for in-person delivery

Study	CB	T-I In-person d	elivery		CBT-I Interne	t	Std. Mean Difference,
	Mean	SD	Total	Mean	SD	Total	[95% CI]
Holmqvist 2014	12.65	4.72	32	13.53	5.24	38	-0.17[-0.64, 0.30]

Study	CB.	T-I In-person de	elivery	CBT-	-I Telehealth de	elivery	Std. Mean Difference,
	Mean	SD	Total	Mean	SD	Total	[95% CI]
Holmqvist 2014	12.65	4.72	32	12.5	4.75	32	0.03[-0.46, 0.52]

Insomnia severity

Figure S39. ISI-determined insomnia severity, post treatment differences, CBT-I vs. control

igure \$39. ISI-determined insomnia s		<u> </u>	יט ווי			IIICIC	ilices,		
Study or Subgroup		CBT-I	Total		ontrol	Total	Woight	Std. Mean Difference	Std. Mean Difference
Study or Subgroup 3.1.1 In-person, one-on-one delivery	Mean	20	rotal	Mean	SU	rotai	Weight	IV, Random, 95% CI	IV, Random, 95% CI
	0.55	C 24	٠.		5.46		0.400	0.401.004.0071	
Alessi 2016		5.21	54		5.16	53	3.4%	-0.46 [-0.84, -0.07]	
Drake 2019		4.18	50	14.24		50	3.2%	-1.60 [-2.05, -1.15]	
Harvey 2015		5.49	30		5.32	28	2.8%	-1.36 [-1.93, -0.78]	
Jansson-Frojmark 2012 (J Clin Psycho Med Settings)	10.5		10	18.1	5.3	15	1.9%	-1.48 [-2.40, -0.56]	
Jungquist 2010	_ 4	4	19	13	6	9	1.9%	-1.86 [-2.81, -0.91]	
Lancee 2016	7.1	4.2	29	16.5	4.4	26	2.5%	-2.16 [-2.83, -1.48]	
Pigeon 2012	6		6	13	3.4	4	1.0%	-1.50 [-3.02, 0.02]	· · · · · · · · · · · · · · · · · · ·
Savard 2014 (In-person)		4.11		11.09		76	3.5%	-1.15 [-1.50, -0.80]	
Smith 2015	8.87	5.54		11.68		47	3.3%	-0.44 [-0.86, -0.03]	
Talbot 2014	8	3.95	27	16.6	3.83	15	2.2%	-2.16 [-2.95, -1.36]	
Taylor 2014	5.56	5.21	15	11.38	4.72	14	2.2%	-1.14 [-1.93, -0.34]	
Taylor 2015	14.7	8.5	11	22.6	3.1	8	1.8%	-1.11 [-2.10, -0.11]	
Taylor 2017(in-person)	9.6	6.32	33	16.1	6.32	33	3.0%	-1.02 [-1.53, -0.50]	
Subtotal (95% CI) Heterogeneity: Tau² = 0.24; Chi² = 45.62, df = 12 (P < 0	.00001);	l² = 749	399 %			378	32.7%	-1.28 [-1.61, -0.95]	•
Test for overall effect: Z = 7.64 (P < 0.00001)									
3.1.2 Group delivery		_		_	_		_		
Alessi 2016		5.11	52		5.16	53	3.4%	-0.68 [-1.08, -0.29]	
Bothelius 2013	13.4		26	17.1	3.9	28	2.9%	-0.70 [-1.25, -0.15]	
Dirksen 2007	14.38			16.31		38	3.1%	-0.37 [-0.84, 0.10]	
Lovato 2014	7.53	4.45	76	14.47	4.95	29	3.1%	-1.50 [-1.98, -1.03]	
Sandlund 2017	10.74	4.4	82	16.55	5.1	71	3.5%	-1.22 [-1.57, -0.87]	 -
Savard 2005		4.61	23	8.32	4.58	28	2.9%	-0.19 [-0.74, 0.36]	
Subtotal (95% CI)			293			247	18.9%	-0.79 [-1.18, -0.40]	•
Heterogeneity: Tau² = 0.18; Chi² = 22.12, df = 5 (P = 0.0 Test for overall effect: Z = 3.99 (P < 0.0001)	1005); I*=	77%							
3.1.3 Internet delivery									
Bernstein 2017	9.8	5.85	43	15.3	4.62	45	3.2%	-1.04 [-1.48, -0.59]	
Blom 2016	8.3		68	11.8		65	3.5%	-0.82 [-1.17, -0.46]	<u> </u>
Hagatun 2019		5.13		15.75		65	3.4%	-1.36 [-1.73, -1.00]	
Horsch 2017	9.8		48		4.49	63	3.4%	-0.77 [-1.16, -0.38]	
Lancee 2016 (internet)	12.4		26	16.5		26	2.8%	-0.88 [-1.45, -0.31]	
Ritterband 2009		4.45	22		4.45	22	2.4%	-1.97 [-2.70, -1.24]	
Taylor 2017 (internet)		6.41	34		6.32	33	3.1%	-0.54 [-1.03, -0.06]	
						64	3.4%		
Thiart 2015		4.55		15.64				-1.44 [-1.83, -1.05]	
Vincent 2009 Subtotal (95% CI)	12.43	5.53	59 441	16.95	5.53	59 442	3.4% 28.5%	-0.81 [-1.19, -0.44] - 1.04 [-1.28, -0.80]	•
Heterogeneity: Tau² = 0.09; Chi² = 22.23, df = 8 (P = 0.0 Test for overall effect: Z = 8.39 (P < 0.00001)	105); l² = I	64%				***	201070	1104 [1120, 0100]	•
3.1.4 Self-help delivery									
Bjorvatn 2018	13.6	5.5	81	14.1	5.8	83	3.6%	-0.09 [-0.39, 0.22]	 -
Ho 2014	12.15		103	14.1		105	3.7%	-0.36 [-0.64, -0.09]	<u></u>
Jernelov 2012	11.2		45	15.6		44	3.2%	-0.94 [-1.38, -0.50]	
Morin 2005	8.08		96	9.33		96	3.6%	-0.25 [-0.53, 0.04]	
Subtotal (95% CI)	0.00	J. I	325	0.00	J	328	14.1%	-0.25 [-0.55, 0.04] -0.37 [-0.67, -0.08]	•
Heterogeneity: Tau² = 0.06; Chi² = 10.16, df = 3 (P = 0.0 Test for overall effect: Z = 2.51 (P = 0.01)	12); I² = 71	0%							
3.1.5 Telephone delivery									
Arnedt 2013	5.2	3.7	15	7.8	4.9	15	2.4%	-0.58 [-1.32, 0.15]	
Subtotal (95% CI)	0.2	5.,	15	,		15	2.4%	-0.58 [-1.32, 0.15]	
Heterogeneity: Not applicable Test for overall effect: Z = 1.56 (P = 0.12)									
3.1.6 Video delivery	0.40			44.00	5.05	70	2.50	0001000	
Savard 2014 (Video)	8.13	4.14		11.09	5.05	76 76	3.5%	-0.63 [-0.98, -0.27]	
Subtotal (95% CI)			56			76	3.5%	-0.63 [-0.98, -0.27]	•
Heterogeneity: Not applicable Test for overall effect: Z = 3.48 (P = 0.0005)									
Total (95% CI)			1529			1486	100.0%	-0.95 [-1.13, -0.78]	•
Heterogeneity: Tau2 = 0.20; Chi2 = 161.80, df = 33 (P <	0.000011	z = 80	0%						
		,							_2 _1 ∩ 1 Ż
Test for overall effect: Z = 10.59 (P < 0.00001)									Favors CBT-I Favors Control

^{*}Lancee 2016 (in-person and internet) uses same control data

^{*}Savard 2014 (in-person and video) uses same control data
*Taylor 2017 (in-person and internet) uses same control data
*Bernstein 2017 SD calculated from CI

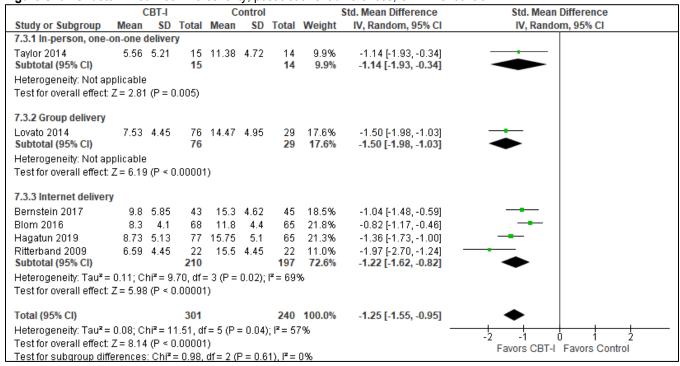
^{**}Norin 2005 SD calculated from CI

*Alessi 2016 (in-person and group use same control data) SD calculated from SE

*Ritterband 2009 SD calculated from CI

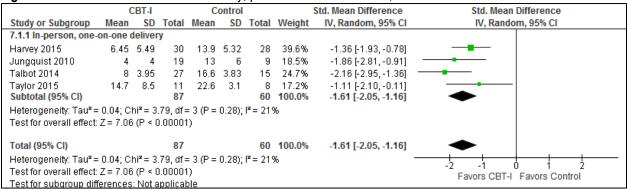
Insomnia severity: Insomnia and no comorbidities

Figure \$40. ISI-determined insomnia severity, post treatment differences, CBT-I vs. control



Insomnia severity: Insomnia and comorbid psychiatric conditions

Figure S41. ISI-determined insomnia severity, post treatment differences, CBT-I vs. control



Insomnia severity: Insomnia and comorbid medical conditions

Figure S42. ISI-determined insomnia severity, post treatment differences, CBT-I vs. control

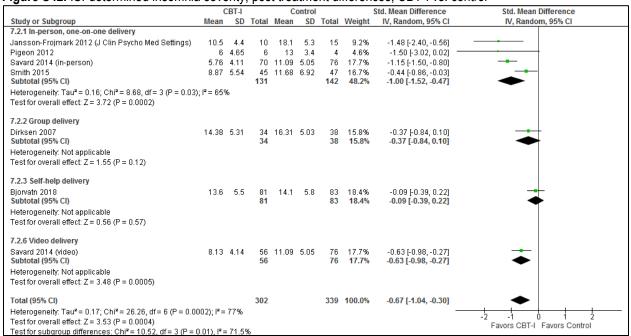


Figure S43. ISQ-determined insomnia severity, post treatment differences, CBT-I vs. control

		CBT-I		0	ontrol			Std. Mean Difference	Std. Mean Difference
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Random, 95% CI	IV, Random, 95% CI
3.2.1 In-person, one-on-one de	livery								
Edinger 2005 (Sleep hygiene)	36.3	15.6	16	38.36	13.97	26	29.7%	-0.14 [-0.76, 0.49]	
Edinger 2007	39.32	13.89	68	51.4	14.4	9	24.7%	-0.86 [-1.57, -0.15]	
Edinger 2009	26.5	20.49	41	29.7	20.87	40	45.6%	-0.15 [-0.59, 0.28]	_
Subtotal (95% CI)			125			75	100.0%	-0.32 [-0.73, 0.09]	•
Heterogeneity: Tau ² = 0.05; Chi ²	e 3.07, i	df = 2 (P	= 0.22); $I^2 = 36$	5%				
Test for overall effect: $Z = 1.54$ (F	P = 0.12)								
Total (95% CI)			125			75	100.0%	-0.32 [-0.73, 0.09]	•
Heterogeneity: Tau ² = 0.05; Chi ²	² = 3.07, i	df = 2 (P	= 0.22);	5%				
Test for overall effect: $Z = 1.54$ (F	P = 0.12)								Favors CBT-I Favors Control
Test for subgroup differences: N	lot appli	able							Tavois CDT-1 Pavois Colliiol

^{*}Edinger 2005 usual care and sleep hygiene data pooled

Insomnia severity: Insomnia and no comorbidities

Table S15 ISQ-determined insomnia severity, post treatment differences, CBT-I vs. control

Study	Delivery		CBT-I			Control	Std. Mean Difference,	
-	method	Mean	SD	Total	Mean	SD	Total	[95% CI]
Edinger 2007	In-person delivery	39.32	13.89	68	51.4	14.4	9	-0.86[-1.57, -0.15]
Edinger 2009	In-person delivery	26.5	20.49	41	29.7	20.87	40	-0.15[-0.59, 0.28]

Insomnia severity: Insomnia and comorbid medical conditions

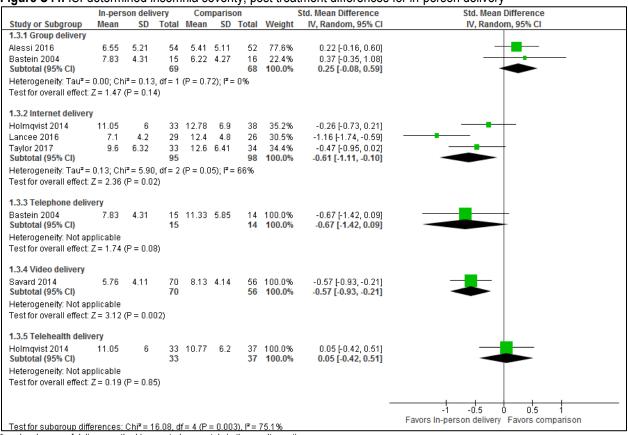
Table S16. ISQ-determined insomnia severity, post treatment differences, CBT-I vs. control

Study	Delivery		CBT-I			Control	Std. Mean Difference,	
	method	Mean	SD	Total	Mean	SD	Total	[95% CI]
Edinger 2005	In-person delivery	36.3	15.6	16	38.36	13.97	26	-0.14[-0.76, -0.49]

^{*}pooled data of sleep hygiene and usual care groups

Insomnia severity: In-person delivery vs. comparison:

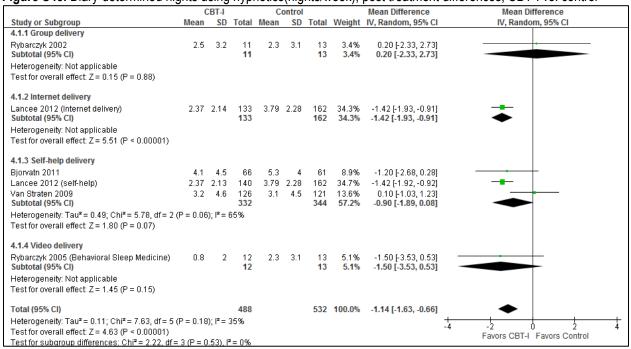
Figure S44. ISI-determined insomnia severity, post treatment differences for in-person delivery



^{*} each subgroup of delivery method is reported separately in the results section

Nights using hypnotics

Figure S45. Diary-determined nights using hypnotics(nights/week), post treatment differences, CBT-I vs. control



^{*}Lancee 2012 (internet and self-help) uses same control data

Nights using hypnotics: Insomnia and no comorbidities

Table S17. Diary-determined number of awakenings (no./night), post treatment differences, CBT-I vs. control

Study	Delivery		CBT-I			Control	Std. Mean Difference,	
	method	Mean	SD	Total	Mean	SD	Total	[95% CI]
Morin 1993	Group delivery	2.5	3.2	11	2.3	3.1	13	0.20[-2.33, 2.73]

Nights using hypnotics: Insomnia and comorbid psychiatric conditions

Table S18. Diary-determined number of awakenings (no./night), post treatment differences, CBT-I vs. control

Study	Delivery		CBT-I			Control	Mean Difference, [95% CI]	
	method	Mean	SD	Total	Mean	SD	Total	
Rybarczyk 2005	Video Delivery	0.8	2	12	2.3	3.1	13	-1.50[-3,53, 0.53]

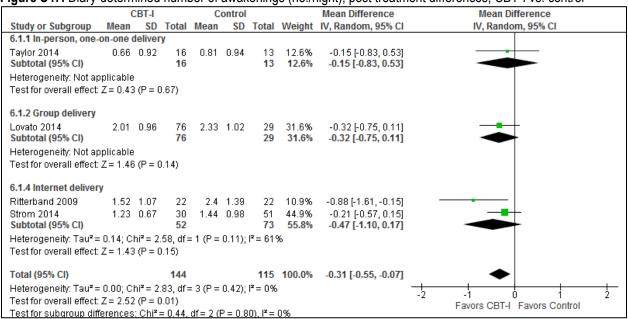
Number of nighttime awakenings **Figure S46.** Diary-determined number of awakenings (no./night), post treatment differences, CBT-I vs. control

igure 040. Diary-determ			CI UI			اا) در	J./IIIgiii		differences, CBT-LVs. control
		CBT-I			ontrol			Mean Difference	Mean Difference
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Random, 95% CI	IV, Random, 95% CI
5.1.1 In-person, one-on-one deli	_								
Currie 2004	1.3	0.8	16	2.5	1.7	17	1.8%	-1.20 [-2.10, -0.30]	
Drake 2019	2.11	1.18	50	2.62	1.63	50	4.1%	-0.51 [-1.07, 0.05]	-
Ellis 2015	1.76	0.57	20		1.16	20	4.0%	0.16 [-0.41, 0.73]	+
Jungquist 2010	2	1	19	2	1	9	2.2%	0.00 [-0.79, 0.79]	_
Lancee 2016 (in-person)	0.8	0.9	26	1.2	0.9	23	4.8%	-0.40 [-0.90, 0.10]	*
Taylor 2014	0.66	0.92	16	0.81	0.94	13	2.9%	-0.15 [-0.83, 0.53]	-
Taylor 2017(in-person) Subtotal (95% CI)	1.7	1.72	33 180	2.2	1.72	33 165	2.0% 21.7%	-0.50 [-1.33, 0.33] - 0.32 [-0.61, -0.03]	•
Heterogeneity: $Tau^2 = 0.04$; $Chi^2 = 0.04$		f=6(F	P = 0.24	l); l² = 2	5%				
5.1.2 Group delivery									
Currie 2000	2.5	1.5	31	3.2	2.7	26	1.1%	-0.70 [-1.86, 0.46]	
Lovato 2014		0.96	76		1.02	29	6.1%	-0.32 [-0.75, 0.11]	-
Sandlund 2017	1.69	1.1	82	2.1	1.1	71	8.2%	-0.41 [-0.76, -0.06]	-
Subtotal (95% CI)			189			126	15.4%	-0.39 [-0.65, -0.13]	•
Heterogeneity: Tau² = 0.00; Chi²: Test for overall effect: Z = 2.90 (P		,	P = 0.82	?); I² = 0	%				
5.1.3 Self-help delivery									
Currie 2004 (self-help)	2	1	15	2.5	1.7	17	1.6%	-0.50 [-1.45, 0.45]	
Lancee 2012 (self-help) Subtotal (95% CI)	2.05	1.13	138 153	2.34	1.58	160 177	9.5% 11.1%	-0.29 [-0.60, 0.02] - 0.31 [-0.60, -0.02]	•
Heterogeneity: Tau² = 0.00; Chi²: Test for overall effect: Z = 2.07 (P		. – . (.	- 0.00	,,, i = 0	~				
5.1.4 Internet delivery									
Horsch 2017	1.58	1	30		1.17	48	5.1%	-0.64 [-1.13, -0.15]	
Lancee 2012 (Internet delivery)		1.49	131		1.58	160	8.0%	-0.12 [-0.47, 0.23]	†
Lancee 2015	1.78	1.1	36		1.35	27	3.4%	-0.70 [-1.32, -0.08]	
Lancee 2016 (internet)	0.9	0.8	21	1.2	0.9	23	4.8%	-0.30 [-0.80, 0.20]	- †
Ritterband 2009		1.07	22		1.39	22	2.5%	-0.88 [-1.61, -0.15]	—
Ritterband 2012	1.87	0.9	13	1.69	0.59	13	3.8%	0.18 [-0.40, 0.76]	+
Strom 2004		0.67	30		0.98	51	7.9%	-0.21 [-0.57, 0.15]	*†
Taylor 2017 (internet)		1.75	34		1.72	33	2.0%	-0.40 [-1.23, 0.43]	-
van Straten 2014	1.7	1	37	2.3	1.2	47	5.3%	-0.60 [-1.07, -0.13]	
Vincent 2009 Subtotal (95% CI)	1.49	1.31	59 413	2.4	1.38	59 483	5.1% 47.9%	-0.91 [-1.40, -0.42] - 0.43 [-0.64, -0.21]	→
Heterogeneity: Tau² = 0.05; Chi²: Test for overall effect: Z = 3.93 (P			(P = 0.0)7); ² =	43%				
5.1.5 Telephone delivery									
Arnedt 2013 Subtotal (95% CI)	1.3	0.9	15 15	1.2	0.7	15 15	3.8% 3.8%	0.10 [-0.48, 0.68] 0.10 [-0.48, 0.68]	+
Heterogeneity: Not applicable Test for overall effect: Z = 0.34 (P	= 0.73)								
Total (95% CI)			950			966	100.0%	-0.36 [-0.48, -0.24]	•
Heterogeneity: Tau ² = 0.02; Chi ² : Test for overall effect: Z = 5.70 (P			2 (P = 0	.20); l²=	20%				-4 -2 0 2 4 Favors CBT-I Favors Control
Test for subgroup differences: Cl			4 (P = f	1.55) B:	- 0%				ravois CB1-1 Favois CONTO

*Currie 2004 (in-person and self-help) uses same control data Lancee 2012 (internet and self-help) uses same control data Lancee 2016 (in-person and internet) uses same control data *Taylor 2017 (in-person and internet) uses same control data

Number of awakenings: Insomnia and no comorbidities

Figure S47. Diary-determined number of awakenings (no./night), post treatment differences, CBT-I vs. control



Number of awakenings: Insomnia and comorbid psychiatric conditions

Table S19. Diary-determined number of awakenings (no./night), post treatment differences, CBT-I vs. control

Study	Delivery		CBT-I			Control		Mean Difference, [95% CI]
	method	Mean	SD	Total	Mean	SD	Total	
Currie 2004	In-person delivery	1.64	0.9	31	2.5	1.7	17	-0.86[-1.73, 0.01]
Jungquist 2010	In-person delivery	2	1	19	2	1	9	0.00[-0.79, 0.79]

^{*}Currie 2004 (self-help and in-person) pooled data

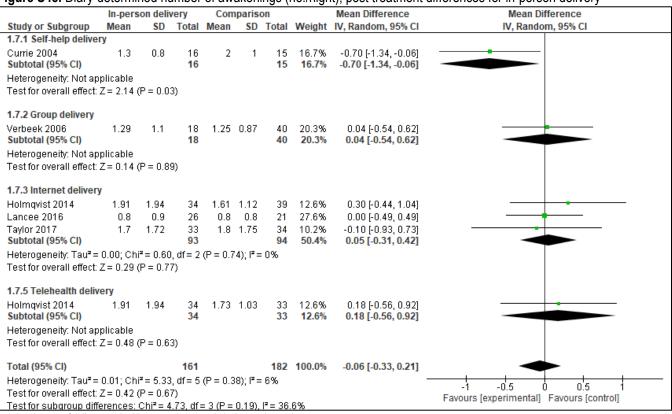
Number of awakenings: Insomnia and comorbid medical conditions

Table S20. Diary-determined number of awakenings (no./night), post treatment differences, CBT-I vs. control

Study	Delivery		CBT-I			Control		Mean Difference, [95% CI]	
	method	Mean	SD	Total	Mean	SD	Total		
Currie 2000	group delivery	2.5	1.5	31	3.2	2.7	26	-0.70[-1.86, 0.46]	
Ritterband 2012	internet delivery	1.87	0.9	13	1.69	0.59	13	0.18[-0.40, 0.76]	

Number of awakenings: In-person delivery vs. comparison:

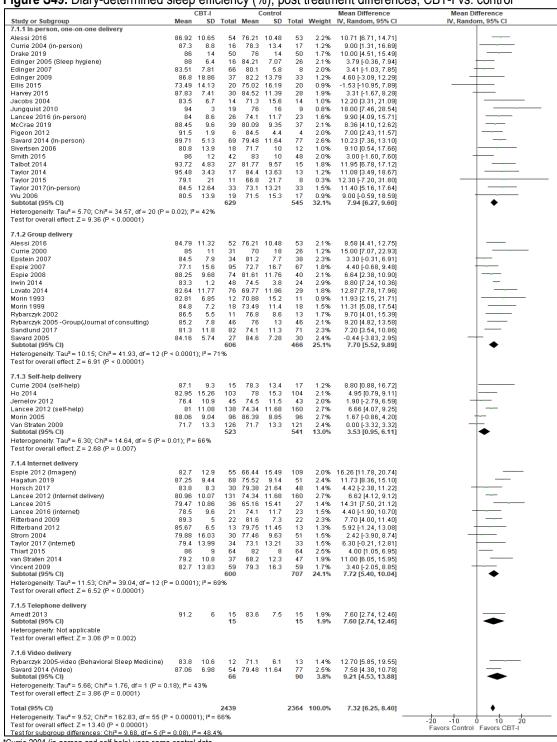
Figure S48. Diary-determined number of awakenings (no./night), post treatment differences for in-person delivery



^{*} each subgroup of delivery method is reported separately in the results section

Sleep efficiency

Figure S49. Diary-determined sleep efficiency (%), post treatment differences, CBT-I vs. control



*Currie 2004 (in-person and self-help) uses same control data

Edinger 2005 usual and sleep hygiene pooled control data

Lancee 2012 (internet and self-help) uses same control data

Lancee 2016 (in-person and internet) uses same control data

Savard 2014 (in-person and video) uses same control data

Espie 2012 (imagery and usual care pooled control data

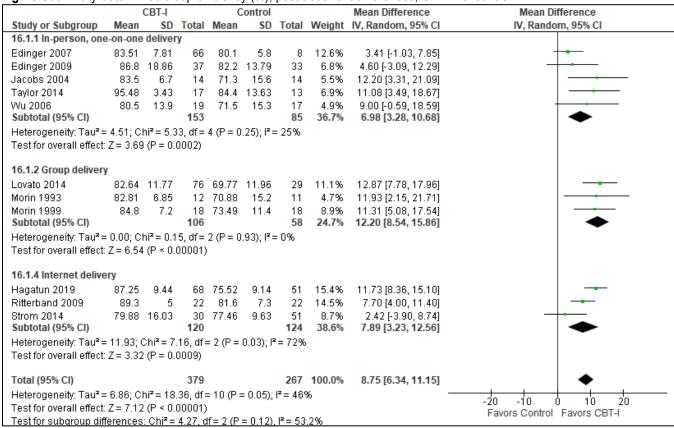
Taylor 2017 (in-person and internet) uses same control data, converted SE to SD

Morin 2005 SD calculated from 95% CI

Alessi 2016 (in-person and group) uses same control data, converted SE to SD

Sleep efficiency (Diary): Insomnia and no comorbidities

Figure \$50. Diary-determined sleep efficiency (%), post treatment differences, CBT-I vs. control



Sleep efficiency (Diary): Insomnia and comorbid psychiatric conditions

Figure S51. Diary-determined sleep efficiency (%), post treatment differences, CBT-I vs. control

	C	BT-I		(Control			Mean Difference	Mean Difference
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Random, 95% CI	IV, Random, 95% CI
17.1.1 In-person, one-on-	one deli	very							
Currie 2004 (in-person)	87.3	8.8	16	78.3	13.4	17	17.2%	9.00 [1.31, 16.69]	
Harvey 2015	87.83	7.41	30	84.52	11.39	28	25.6%	3.31 [-1.67, 8.29]	+-
Jungquist 2010	94	3	19	76	16	9	11.5%	18.00 [7.46, 28.54]	
Talbot 2014	93.72	4.83	27	81.77	9.57	15	24.9%	11.95 [6.78, 17.12]	_ -
Taylor 2015 Subtotal (95% CI)	79.1	21	11 103	66.8	21.7	8 77	4.2% 83.4%	12.30 [-7.20, 31.80] 9.75 [4.52, 14.98]	•
Test for overall effect: Z = 17.1.3 Self-help delivery	,· -	3.000	-,						
Currie 2004 (self-help) Subtotal (95% CI)	87.1	9.3	15 15	78.3	13.4	17 17	16.6% 16.6%	8.80 [0.88, 16.72] 8.80 [0.88, 16.72]	•
Heterogeneity: Not applicates for overall effect: Z =		0.03)							
Total (95% CI)			118			94	100.0%	9.41 [5.19, 13.64]	•
Heterogeneity: Tau ² = 11.	68; Chi² :	9.14,	df = 5	(P = 0.1)	$0); I^2 = 4$	15%			-20 -10 0 10 20
Test for overall effect: Z=	4.37 (P ≤	0.000)1)						Favors Control Favors CBT-I
Test for subaroup differer	rae: Chi	z – n n	A df-	1/P = 0	941 12-	- 0.0%			Tavolo Collici Tavolo CD1-1

Sleep efficiency (Diary): Comorbid medical insomnia

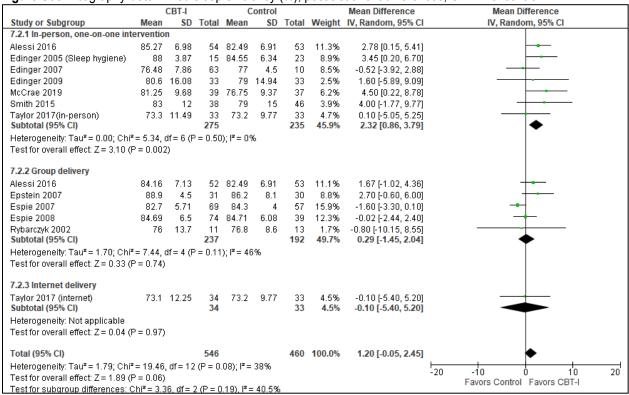
Figure S52. Diary-determined sleep efficiency (%), post treatment differences, CBT-I vs. control

		CBT-I		(Control			Mean Difference	Mean Difference
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Random, 95% CI	IV, Random, 95% CI
18.1.1 In-person, one-on-one delivery									
Edinger 2005 (Sleep hygiene)	88	6.4	16	84.21	7.07	26	8.7%	3.79 [-0.36, 7.94]	 -
McCrae 2019	88.45	9.6	39	80.09	9.35	37	8.5%	8.36 [4.10, 12.62]	
Pigeon 2012	91.5	1.9	6	84.5	4.4	4	8.0%	7.00 [2.43, 11.57]	
Bavard 2014 (in-person)	89.71	5.13	69	79.48	11.64	77	10.8%	10.23 [7.36, 13.10]	
3mith 2015	86	12	42	83	10	48	8.0%	3.00 [-1.60, 7.60]	+-
Subtotal (95% CI)			172			192	44.0%	6.72 [3.82, 9.61]	•
Heterogeneity: Tau² = 6.58; Chi² = 10.37, df = 4 (P = Fest for overall effect: Z = 4.55 (P < 0.00001)	0.03); l² =	= 61%							
8.1.2 Group delivery									
Currie 2000	85	11	31	70	18	26	4.4%	15.00 [7.07, 22.93]	
epstein 2007	84.5	7.9	34	81.2	7.7	38	9.5%	3.30 [-0.31, 6.91]	 •
Rybarczyk 2002	86.5	5.5	11	76.8	8.6	13	6.5%	9.70 [4.01, 15.39]	
hybarczyk 2005 - Group (Journal of consulting)	85.2	7.8	46	76	13	46	8.3%	9.20 [4.82, 13.58]	
avard 2005 Subtotal (95% CI)	84.42	10.86	27 149	84.86	10.74	30 153	6.6% 35.4%	-0.44 [-6.06, 5.18] 6.89 [2.30, 11.49]	
Heterogeneity: Tau ^z = 19.83; Chi ^z = 15.81, df = 4 (P : Fest for overall effect: Z = 2.94 (P = 0.003)	= 0.003);	I ^z = 759	5						
18.1.4 Internet delivery									
Ritterband 2012	85.67	6.5		79.75	11.45	13	5.0%	5.92 [-1.24, 13.08]	 -
Subtotal (95% CI)			13			13	5.0%	5.92 [-1.24, 13.08]	-
Heterogeneity: Not applicable Fest for overall effect: Z = 1.62 (P = 0.10)									
8.1.6 Video delivery									
lybarczyk 2005-video (Behavioral Sleep Medicine)	83.8	10.6	12		6.1	13	5.3%	12.70 [5.85, 19.55]	
avard 2014 (video)	87.06	6.98		79.48	11.64	77		7.58 [4.38, 10.78]	=
subtotal (95% CI)			66			90	15.5%	9.21 [4.53, 13.88]	-
leterogeneity: Tau² = 5.66; Chi² = 1.76, df = 1 (P = 0 est for overall effect: Z = 3.86 (P = 0.0001)	i.18); l² =	43%							
otal (95% CI)			400			448	100.0%	7.04 [5.02, 9.05]	•
Heterogeneity: Tau² = 7.66; Chi² = 29.83, df = 12 (P :	= 0.003):	l ² = 60%	5						- J. J.
est for overall effect: Z = 6.85 (P < 0.00001)									-20 -10 0 10 20 Favors Control Favors CBT-I
est for subgroup differences; Chi² = 0.96, df = 3 (P	= 0.81). I	² = 0%							Favors Control Favors CBT-I

^{*}pooled control data (usual care and sleep hygiene) for Edinger 2005

Sleep efficiency (Actigraphy)

Figure \$53. Actigraphy-determined sleep efficiency (%), post treatment differences, CBT-I vs. control



^{*} Edinger 2005 (usual and sleep hygiene control data pooled) converted SE to SD Taylor 2017 (in-person and internet) uses same control data, converted SE to SD Alessi 2016 (in-person and group) uses same control data, converted SE to SD

Sleep efficiency (Act): Insomnia and no comorbidities

Table S21. Actigraphy-determined sleep efficiency (%), post treatment differences, CBT-I vs. control

Study	Delivery		CBT-I			Control		Mean Difference, [95% CI]
	method	Mean	SD	Total	Mean	SD	Total	
Edinger 2007	In-person, one-on-one	76.48	7.86	63	77	4.5	10	-0.52[-3.92, 2.88]
Edinger 2009	In-person, one-on-one	80.6	16.08	33	79	14.94	33	1.60[-5.89, 9.09]

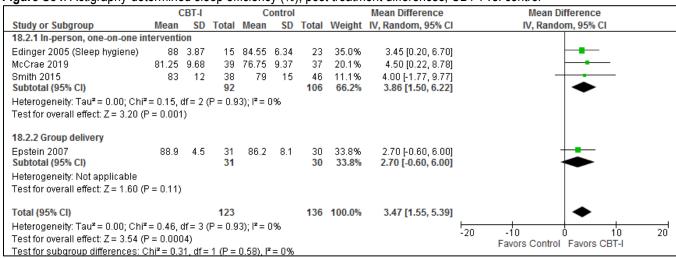
Sleep efficiency (Act): Insomnia and comorbid psychiatric conditions

Table S22. Actigraphy-determined sleep efficiency (%), post treatment differences, CBT-I vs. control

Study	Delivery		CBT-I			Control		Mean Difference, [95% CI]
	method	Mean	SD	Total	Mean	SD	Total	
Rybarczyk 2002	Group delivery	76	13.7	11	76.8	8.6	13	-0.80 [-10.15, 8.55]

Sleep efficiency (Act): Comorbid medical insomnia

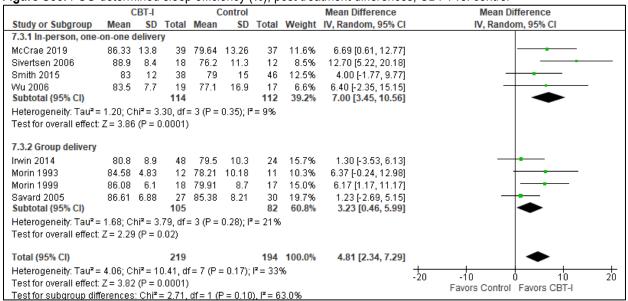
Figure \$54. Actigraphy-determined sleep efficiency (%), post treatment differences, CBT-I vs. control



^{*}pooled control data (usual care and sleep hygiene) for Edinger 2005

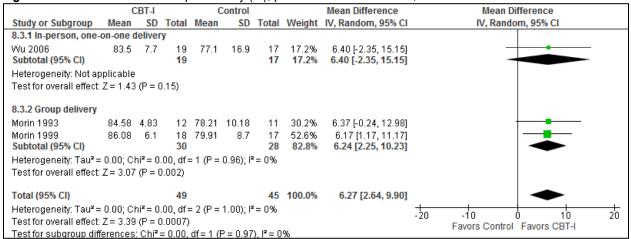
Sleep efficiency (PSG)

Figure S55. PSG-determined sleep efficiency (%), post treatment differences, CBT-I vs. control



Sleep efficiency (PSG): Insomnia and no comorbidities

Figure \$56. PSG-determined sleep efficiency (%), post treatment differences, CBT-I vs. control



Sleep efficiency (PSG): Comorbid medical insomnia

Figure S57. PSG-determined sleep efficiency (%), post treatment differences, CBT-I vs. control

	C	:BT-I		0	Control			Mean Difference		Mean Di	fference	
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Random, 95% CI		IV, Rando	m, 95% CI	
18.3.1 In-person, one	e-on-one	delive	егу									
McCrae 2019	86.33	13.8	39	79.64	13.26	37	23.8%	6.69 [0.61, 12.77]			-	
Smith 2015	83	12	38	79	15	46	26.1%	4.00 [-1.77, 9.77]		_	-	
Subtotal (95% CI)			77			83	49.8%	5.27 [1.09, 9.46]			◆	
Heterogeneity: Tau² =	: 0.00; Ct	hi² = 0.	.40, df=	1 (P=	0.53); I^2	= 0%						
Test for overall effect:	Z = 2.47	(P = 0)	0.01)									
18.3.2 Group delivery	y											
Savard 2005	86.61	6.88	27	85.38	8.21	30	50.2%	1.23 [-2.69, 5.15]				
Subtotal (95% CI)			27			30	50.2%	1.23 [-2.69, 5.15]		•		
Heterogeneity: Not ap	oplicable											
Test for overall effect:	Z = 0.62	(P = 0)	0.54)									
Total (95% CI)			104			113	100.0%	3.25 [0.12, 6.38]			◆	
Heterogeneity: Tau ² =	: 1.07; Cl	hi z = 2.	.30, df=	2 (P =	$0.32); I^2$	= 13%			-20 -10		10	20
Test for overall effect:	Z = 2.04	(P = 0)	0.04)								Favors CBT-I	20
Test for subgroup diff	ferences	: Chi²:	= 1.91,	df = 1 (F	P = 0.17	$ 1 ^2 = 4$	7.6%		ravoi	3 CONTROL	I avois CDI-I	

Sleep efficiency (Diary): In-person delivery vs. comparison:

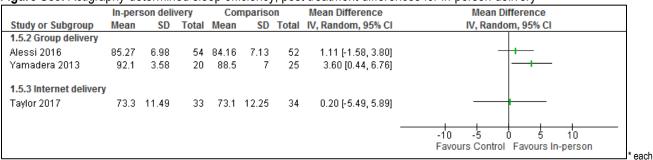
Figure \$58. Diary-determined sleep efficiency, post treatment differences for in-person delivery

	In-per	son deli	very	Cor	mpariso	n		Mean Difference	Mean Difference
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Random, 95% CI	IV, Random, 95% CI
1.4.1 Self-help delive	ery								
Currie 2004 Subtotal (95% CI)	87.3	8.8	16 16	87.1	9.3	15 15	8.0% 8.0%	0.20 [-6.18, 6.58] 0.20 [-6.18, 6.58]	
Heterogeneity: Not ap	oplicable								
Test for overall effect:	Z = 0.06	(P = 0.9)	5)						
1.4.2 Group delivery									
Alessi 2016	86.62	10.65	54	84.79	11.32	52	15.6%	1.83 [-2.36, 6.02]	
Bastein 2004	83.6	10.51	15	84.47	9.2	16	6.9%	-0.87 [-7.84, 6.10]	
/erbeek 2006 Subtotal (95% CI)	80.24	13.01	18 87	77.47	13.01	40 108	6.5% 28.9%	2.77 [-4.47, 10.01] 1.44 [-1.77, 4.66]	
Heterogeneity: Tau ^z =	= 0.00; Ch	ni² = 0.58	, df = 2	(P = 0.7)	⁷ 5); l² = l	0%			
Test for overall effect:				-	,.				
1.4.3 Internet deliver	у								
Holmqvist 2014	70.73	18.4	34	78.2	13.11	39	6.2%	-7.47 [-14.90, -0.04]	
Lancee 2016	84	8.6	26	78.5	9.6	21	11.0%	5.50 [0.23, 10.77]	
Taylor 2017	84.5	12.64	33	79.4	13.99	34	8.0%	5.10 [-1.28, 11.48]	
Subtotal (95% CI)			93			94	25.2%	1.38 [-6.27, 9.03]	
Heterogeneity: Tau² = Test for overall effect:				2 (P = 0	.01); I²=	: 77%			
1.4.5 Telephone deli	very								
Bastein 2014 Subtotal (95% CI)	83.6	10.51	15 15	82.14	10.18	14 14	6.0% 6.0 %	1.46 [-6.07, 8.99] 1.46 [-6.07, 8.99]	-
Heterogeneity: Not as	oplicable								
Test for overall effect:	Z= 0.38	(P = 0.7)	0)						
1.4.6 Video delivery									
Savard 2014	89.73	5.13	69 69	87.06	6.98	54 54	31.8% 31.8%	2.67 [0.45, 4.89]	
Subtotal (95% CI)			69			34	31.8%	2.67 [0.45, 4.89]	
Heterogeneity: Not ap		(D 0.0							
Test for overall effect:	: Z = 2.36	(P = 0.0)	2)						
Total (95% CI)			280			285	100.0%	1.91 [-0.05, 3.87]	•
Heterogeneity: Tau² =	= 1.86; Ch	ni² = 10.1	9, df=	8 (P = 0)	.25); l² =	21%		-	-10 -5 0 5 10
est for overall effect:	Z = 1.91	(P = 0.0)	6)						Favours [experimental] Favours [control]
Test for subgroup dif	<u>ferences:</u>	$Chi^2 = 0$	i.81, df:	= 4 (P =	0.94), P	²= 0%			1 avours [experimental] 1 avours [control]

^{*} each subgroup of delivery method is reported separately in the results section

Sleep efficiency (Act): In-person delivery vs. comparison:

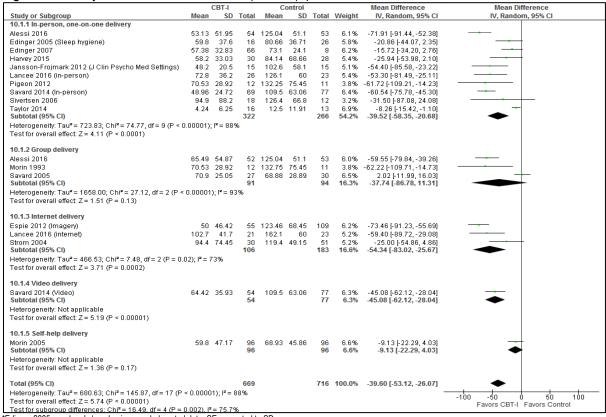
Figure S59. Actigraphy-determined sleep efficiency, post treatment differences for in-person delivery



subgroup of delivery method is reported separately in the results section

Total wake time

Figure \$60. Diary-determined total wake time (minutes), post treatment differences, CBT-I vs. control



*Edinger 2005 usual and sleep hygiene pooled control data, SE converted to SD

Lancee 2016 (in-person and internet) uses same control data

Savard 2014 (in-person and video) uses same control data

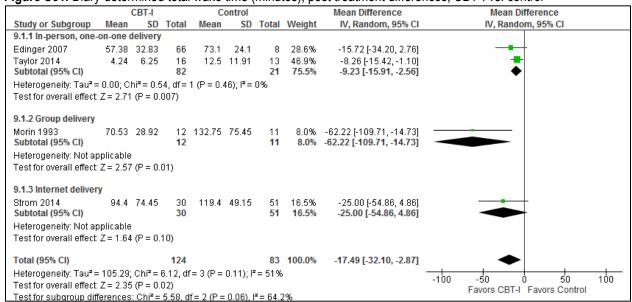
Espie 2012 (imagery and usual care pooled data, SE converted to SD

Morin 2005 SD calculated using 95%CI

Alessi 2016 (in-person and group) uses same control data, SE converted to SD

Total wake time (Diary): Insomnia and no comorbidities

Figure S61. Diary-determined total wake time (minutes), post treatment differences, CBT-I vs. control



Total wake time: Insomnia and comorbid psychiatric conditions

Table S23. Diary-determined total wake time (minutes), post treatment differences, CBT-I vs. control

Study	Delivery		CBT-I			Control		Mean Difference, [95% CI]
	method	Mean	SD	Total	Mean	SD	Total	
Harvey 2015	In-person, one-on-one	58.2	33.03	30	84.14	68.66	28	-25.94 [-53.98, 2.10]

Total wake time: Insomnia and comorbid medical conditions

Figure S62. Diary-determined total wake time (minutes), post treatment differences, CBT-I vs. control

		CBT-I		C	ontrol			Mean Difference	Mean Difference
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Random, 95% CI	IV, Random, 95% CI
28.1.1 In-person, one-on-one delivery									
Edinger 2005 (Sleep hygiene)	59.8	37.6	16	80.66	36.71	26	18.0%	-20.86 [-44.07, 2.35]	
Jansson-Frojmark 2012 (J Clin Psycho Med Settings)	48.2	20.5	15	102.6	58.1	15	14.9%	-54.40 [-85.58, -23.22]	
Pigeon 2012	70.53	28.92	12	132.25	75.45	11	9.8%	-61.72 [-109.21, -14.23]	
Savard 2014 (in-person) Subtotal (95% CI)	48.96	24.72	69 112	109.5	63.06	77 129	21.1% 63.7%	-60.54 [-75.78, -45.30] -48.02 [-69.84, -26.20]	
Heterogeneity: Tau ² = 295.13; Chi ² = 8.20, df = 3 (P = 0. Test for overall effect: $Z = 4.31$ (P < 0.0001)	04); I² = 6	63%							
28.1.2 Group delivery									
Savard 2005	69.52	55.08	27	67.41	54.28	30	15.9%	2.11 [-26.33, 30.55]	
Subtotal (95% CI)			27			30	15.9%	2.11 [-26.33, 30.55]	
Heterogeneity: Not applicable Fest for overall effect: Z = 0.15 (P = 0.88)									
28.1.4 Video delivery									
Bavard 2014 (video)	64.42	35.93	54	109.5	63.06	77	20.4%	-45.08 [-62.12, -28.04]	-
Subtotal (95% CI)			54			77	20.4%	-45.08 [-62.12, -28.04]	•
Heterogeneity: Not applicable									
Test for overall effect: Z = 5.19 (P < 0.00001)									
Total (95% CI)			193			236	100.0%	-39.51 [-58.84, -20.18]	•
Heterogeneity: Tau² = 401.43; Chi² = 19.40, df = 5 (P = 0	0.002); l²	= 74%							-100 -50 0 50 100
Fest for overall effect: Z = 4.01 (P < 0.0001)									Favors CBT-I Favors Control
<u> Fest for subgroup differences: Chi² = 9.10, df = 2 (P = 0</u>	$.01$), $I^2 =$	78.0%							. 2.2.2 22.1 1 41010 0011101

^{*}pooled control data (usual care and sleep hygiene) for Edinger 2005

Total wake time (Actigraphy)

Figure S63. Actigraphy-determined total wake time (minutes), post treatment differences, CBT-I vs. control

	(:BT-I		C	ontrol			Mean Difference		Mean Differer	ice	
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Random, 95% CI		IV, Random, 95	% CI	
10.2.1 In-person, one-on-one d	elivery											
Edinger 2005 (Sleep hygiene)	58.8	19.36	15	77.57	34.23	23	25.4%	-18.77 [-35.85, -1.69]				
Edinger 2007	105.97	37.82	66	103.4	24.8	10	23.9%	2.57 [-15.31, 20.45]		-		
Taylor 2014	14.68	8.09	7	18.47	12.55	13	50.7%	-3.79 [-12.87, 5.29]		-		
Subtotal (95% CI)			88			46	100.0%	-6.08 [-16.42, 4.25]		•		
Heterogeneity: Tau ² = 33.37; Ch	$i^2 = 3.24$, (df = 2 (F	' = 0.20); I ² = 38	3%							
Test for overall effect: $Z = 1.15$ (F	o = 0.25)											
Total (95% CI)			88			46	100.0%	-6.08 [-16.42, 4.25]		•		
Heterogeneity: Tau ² = 33.37; Ch	$i^2 = 3.24, 0$	df = 2 (F	= 0.20); I² = 38	3%				100	<u> </u>		4.00
Test for overall effect: $Z = 1.15$ (F	P = 0.25)								-100	-50 0 Favors CBT-I Favo	50 re Control	10
Test for subgroup differences: N	lot applica	able								ravuis CBI-I Favu	is Cuillion	

^{*}Edinger 2005 usual and sleep hygiene pooled control data, SE converted to SD

Total wake time (Actigraphy): Insomnia and comorbid psychiatric conditions

Table S24. Act-determined total wake time (minutes), post treatment differences, CBT-I vs. control

Study	Delivery		CBT-I			Control		Mean Difference, [95% CI]	
	method	Mean	SD	Total	Mean	SD	Total		
Edinger 2007	In-person, one-on-one	105.97	37.82	66	103.4	24.8	10	2.57 [-15.31, 20.45]	
Taylor 2014	In-person, one-on-one	14.68	8.09	7	18.47	12.55	13	-3.79[-12.87, 5.29]	

Total wake time: Insomnia and comorbid medical conditions

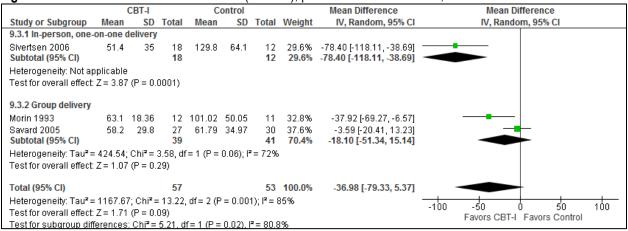
Table S25. Act-determined total wake time (minutes), post treatment differences, CBT-I vs. control

Study	Delivery	CBT-I				Control	Mean Difference, [95% CI]	
	method	Mean	SD	Total	Mean	SD	Total	
Edinger 2005	In-person, one-on-one	58.8	19.36	15	77.57	34.23	23	-18.77[-35.85, -1.69]

^{*}pooled control data (usual care and sleep hygiene) for Edinger 2005

Total wake time (PSG)

Figure S64. PSG-determined total wake time (minutes), post treatment differences, CBT-I vs. control



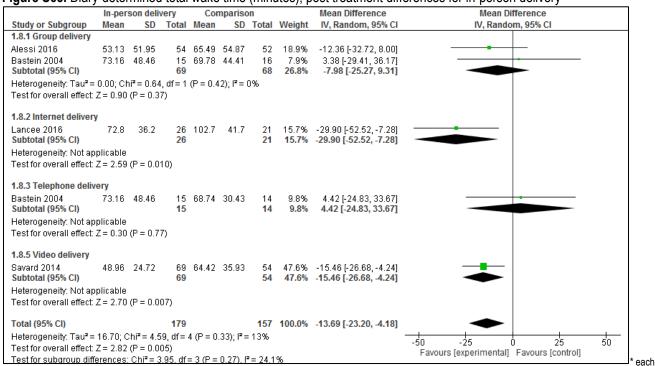
Total wake time (PSG): Insomnia and no comorbidities

Table S26. PSG-determined total wake time (minutes), post treatment differences, CBT-I vs. control

Study	Delivery	CBT-I				Control	Mean Difference, [95% CI]	
	method	Mean	SD	Total	Mean	SD	Total	
Morin 1993	Group delivery	63.1	18.36	12	101.02	50.05	11	-37.92 [-69.27, -6.57]

Total wake time (Diary): In-person delivery vs. comparison:

Figure S65. Diary-determined total wake time (minutes), post treatment differences for in-person delivery



subgroup of delivery method is reported separately in the results section

Total sleep time

Figure S66. Diary-determined TST (minutes), post treatment differences, CBT-I vs. control

									CBT-I vs. control
tudy or Cubaroup		BT-I	Total	_	ontrol	Total	Mojaht	Mean Difference	Mean Difference
Study or Subgroup I.1.1 In-person, one-on-one delivery	Mean	SD	Total	Mean	SD	rotal	Weight	IV, Random, 95% CI	IV, Random, 95% CI
currie 2004 (in-person)	402	72	16	342	72	17	0.8%	60.00 [10.85, 109.15]	<u> </u>
rake 2019	373	78	50	361	66	50	2.0%	12.00 [-16.32, 40.32]	
dinger 2005 (Sleep hygiene)	433.2	50.4		427.46	59.53	26	1.5%	5.74 [-27.93, 39.41]	
linger 2007		48.28	66	376.3	37.1	8	2.0%	-5.01 [-33.23, 23.21]	
dinger 2009	371.6	21.7	16	365.1	20.1	18	4.0%	6.50 [-7.62, 20.62]	 -
lis 2015	349.33	71	20	344.12	60.4	20	1.1%	5.21 [-35.64, 46.06]	
arvey 2015		80.19	30	441.67	97.39	28	0.9%	-5.67 [-51.76, 40.42]	
cobs 2004	355.2	44.4	14	321.2	76.7	14	0.9%	34.00 [-12.42, 80.42]	+
nsson-Frojmark 2012 (J Clin Psycho Med Settings)	385.3	22.7	15	383.7	60.7	15	1.6%	1.60 [-31.20, 34.40]	
ngquist 2010	408	35	19	352	73	9	0.8%	56.00 [5.78, 106.22]	
incee 2016 (in-person)	395.1	56.2	26	361.8	59.6	23	1.6%	33.30 [0.74, 65.86]	
Crae 2019	400.96	82.2	37	419.01	79.76	39	1.4%	-18.05 [-54.49, 18.39]	
geon 2012	375	17.7	6	378.8	28	4	1.7%	-3.80 [-34.68, 27.08]	
vard 2014 (In-person)	430.03	52.69	69	425.94	72.38	77	2.9%	4.09 [-16.30, 24.48]	+
vertsen 2006	352	52.4	18	350.7	64.7	18	1.2%	1.30 [-37.16, 39.76]	
nith 2015	363.33	79.37	42	404.41	76.69	48	1.6%	-41.08 [-73.44, -8.72]	
lbot 2014	437.4	75	27	394.2	44.4	15	1.4%	43.20 [7.07, 79.33]	
ylor 2014		57.35	16	452	59.5	13	1.0%	0.20 [-42.65, 43.05]	
ylor 2015	390	156	11	312	132	8	0.1%	78.00 [-51.87, 207.87]	-
ylor 2017(in-person)	330	68.93	33	318	68.93	33	1.6%	12.00 [-21.26, 45.26]	+
2006	363.5	50.4	19	312.6	75.8	17	1.1%	50.90 [8.33, 93.47]	
ibtotal (95% CI)			566			500	31.3%	9.80 [0.21, 19.38]	∲
eterogeneity: Tau² = 179.05; Chi² = 33.26, df = 20 (P = est for overall effect: Z = 2.00 (P = 0.05)	= 0.03); I ² = 4	10%							
1.2 Group delivery									
urrie 2000	366	96	31	330	84	26	0.9%	36.00 [-10.74, 82.74]	
stein 2007	396	44.2	34	405.1	52.7	38	2.6%	-9.10 [-31.49, 13.29]	
pie 2007	344.4	71.4	95	354.6	86.4	67	2.3%	-10.20 [-35.38, 14.98]	
pie 2008		65.55	74	395.73	96.8	41	1.6%	21.51 [-11.67, 54.69]	1.
vin 2014	381.8	8.7	48	372.1	24.8	24	4.8%	9.70 [-0.52, 19.92]	ļ -
vato 2014	339.6	57.6	78	333.6	58.2	29	2.3%	6.00 [-18.74, 30.74]	
rin 1993		42.28		318.93	70.34	11	0.9%	22.47 [-25.49, 70.43]	
orin 1999	352	52.4	18	350.7	64.7	18	1.2%	1.30 [-37.16, 39.76]	
barczyk 2002	334.1	37.3	11	378.4	56.8	13	1.3%	-44.30 [-82.24, -6.36]	
barczyk 2005 - Group(Journal of consulting)	371.7	59.7	46	371.2	66.5	46	2.2%	0.50 [-25.33, 26.33]	
andlund 2017	384.21	56.2	82	360.81	60.1	71	3.2%	23.40 [4.87, 41.93]	
vard 2005	379.5	44.58	27	387.48	55.46	30	2.2%	-7.98 [-33.99, 18.03]	
ibtotal (95% CI) sterogeneity: Tau² = 98.70; Chi² = 18.20, df = 11 (P = 1	0.000.77	oor	556			414	25.5%	4.02 [-5.51, 13.55]	T
st for overall effect: Z = 0.83 (P = 0.41)	U.U8), IT = 41	1780							
1.3 Internet delivery	045.00				00.70		0.00	0.00147.00.07.00	
spie 2012 (Imagery)	345.06			335.26	52.83	109	2.0% 3.1%	9.80 [-17.60, 37.20] 15.00 [-4.47, 34.47]	<u> </u>
agatun 2019	368	54.69	68	353		51			
rech 2017	417	62	20	207.40		40			
	417 386 48	62 50.42		397.49	66.48	48 160	1.9%	19.51 [-9.57, 48.59]	+
ncee 2012 (Internet delivery)	386.48	59.42	131	366.02	66.48 59.5	160	1.9% 4.1%	19.51 [-9.57, 48.59] 20.46 [6.73, 34.19]	+-
ncee 2012 (Internet delivery) ncee 2015	386.48 375.84	59.42 59.71	131 36	366.02 334.31	66.48 59.5 79	160 27	1.9% 4.1% 1.4%	19.51 [-9.57, 48.59] 20.46 [6.73, 34.19] 41.53 [5.92, 77.14]	+
ncee 2012 (Internet delivery) ncee 2015 ncee 2016 (internet)	386.48 375.84 382.6	59.42 59.71 57.7	131 36 21	366.02 334.31 361.8	66.48 59.5 79 59.6	160 27 23	1.9% 4.1% 1.4% 1.5%	19.51 [-9.57, 48.59] 20.46 [6.73, 34.19] 41.53 [5.92, 77.14] 20.80 [-13.87, 55.47]	-
incee 2012 (Internet delivery) incee 2015 incee 2016 (internet) tterband 2009	386.48 375.84 382.6 404.92	59.42 59.71 57.7 61.46	131 36 21 22	366.02 334.31 361.8 380.04	66.48 59.5 79 59.6 59.82	160 27 23 22	1.9% 4.1% 1.4% 1.5% 1.4%	19.51 [-9.57, 48.59] 20.46 [6.73, 34.19] 41.53 [5.92, 77.14] 20.80 [-13.87, 55.47] 24.88 [-10.96, 60.72]	=
incee 2012 (Internet delivery) incee 2015 incee 2016 (Internet) tterband 2009 tterband 2012	386.48 375.84 382.6 404.92 396.05	59.42 59.71 57.7 61.46 49.64	131 36 21 22 13	366.02 334.31 361.8 380.04 373.05	66.48 59.5 79 59.6 59.82 63.6	160 27 23 22 13	1.9% 4.1% 1.4% 1.5% 1.4% 1.0%	19.51 [-9.57, 48.59] 20.46 [6.73, 34.19] 41.53 [5.92, 77.14] 20.80 [-13.87, 55.47] 24.88 [-10.96, 60.72] 23.00 [-20.86, 66.86]	
ncee 2012 (Internet delivery) ncee 2015 ncee 2016 (Internet) tterband 2009 tterband 2012 om 2004	386.48 375.84 382.6 404.92 396.05 372	59.42 59.71 57.7 61.46 49.64 81.6	131 36 21 22 13 30	366.02 334.31 361.8 380.04 373.05 371.4	66.48 59.5 79 59.6 59.82 63.6 53.4	160 27 23 22 13 51	1.9% 4.1% 1.4% 1.5% 1.4% 1.0%	19.51 [-9.57, 48.59] 20.46 [6.73, 34.19] 41.53 [5.92, 77.14] 20.80 [-13.87, 55.47] 24.88 [-10.96, 60.72] 23.00 [-20.86, 66.86] 0.60 [-32.07, 33.27]	
ncee 2012 (Internet delivery) ncee 2016 ncee 2016 (internet) tterband 2009 tterband 2012 rom 2004 ylor 2017 (internet)	386.48 375.84 382.6 404.92 396.05 372 330	59.42 59.71 57.7 61.46 49.64 81.6 69.97	131 36 21 22 13 30 34	366.02 334.31 361.8 380.04 373.05 371.4 318	66.48 59.5 79 59.6 59.82 63.6 53.4 68.93	160 27 23 22 13 51 33	1.9% 4.1% 1.4% 1.5% 1.4% 1.0% 1.6%	19.51 [-9.57, 48.59] 20.46 [6.73, 34.19] 41.53 [5.92, 77.14] 20.80 [-13.87, 55.47] 24.88 [-10.96, 60.72] 23.00 [-20.86, 66.86] 0.60 [-32.07, 33.27] 12.00 [-21.26, 45.26]	= = = = = = = = = = = = = = = = = = =
ncee 2012 (Internet delivery) ncee 2015 ncee 2016 (Internet) tterband 2009 tterband 2012 rom 2004 ylor 2017 (Internet) n Straten 2014	386.48 375.84 382.6 404.92 396.05 372	59.42 59.71 57.7 61.46 49.64 81.6	131 36 21 22 13 30	366.02 334.31 361.8 380.04 373.05 371.4	66.48 59.5 79 59.6 59.82 63.6 53.4	160 27 23 22 13 51	1.9% 4.1% 1.4% 1.5% 1.4% 1.0%	19.51 [-9.57, 48.59] 20.46 [6.73, 34.19] 41.53 [5.92, 77.14] 20.80 [-13.87, 55.47] 24.88 [-10.96, 60.72] 23.00 [-20.86, 66.86] 0.60 [-32.07, 33.27]	
ncee 2012 (Internet delivery) ncee 2015 ncee 2016 (internet) terband 2009 terband 2012 om 2004 ylor 2017 (internet) n Straten 2014 went 2009	386.48 375.84 382.6 404.92 396.05 372 330 372	59.42 59.71 57.7 61.46 49.64 81.6 69.97	131 36 21 22 13 30 34 37	366.02 334.31 361.8 380.04 373.05 371.4 318 336	66.48 59.5 79 59.6 59.82 63.6 53.4 68.93 66	160 27 23 22 13 51 33 47	1.9% 4.1% 1.4% 1.5% 1.4% 1.0% 1.6% 1.6% 2.1%	19.51 [-9.57, 48.59] 20.46 [6.73, 34.19] 41.53 [5.92, 77.14] 20.80 [-13.87, 55.47] 24.88 [-10.96, 60.72] 23.00 [-20.86, 66.86] 0.60 [-32.07, 33.27] 12.00 [-21.26, 45.26] 36.00 [8.99, 63.01]	
ncee 2013 (Internet delivery) ncee 2015 ncee 2015 ncee 2016 (Internet) terband 2009 terband 2012 om 2004 ylor 2017 (Internet) n Straten 2014 ncent 2009 btotal (95% CI) terogeneity, Tau" = 0.00; Chi" = 5.23, df = 11 (P = 0.9)	386.48 375.84 382.6 404.92 396.05 372 330 372 388.8	59.42 59.71 57.7 61.46 49.64 81.6 69.97	131 36 21 22 13 30 34 37 59	366.02 334.31 361.8 380.04 373.05 371.4 318 336	66.48 59.5 79 59.6 59.82 63.6 53.4 68.93 66	160 27 23 22 13 51 33 47 59	1.9% 4.1% 1.4% 1.5% 1.4% 1.0% 1.6% 2.1% 1.5%	19.51 [-9.57, 48.59] 20.46 [6.73, 34.19] 41.53 [5.92, 77.14] 20.80 [-13.87, 55.47] 24.88 [-10.96, 60.72] 23.00 [-20.86, 66.86] 0.60 [-32.07, 33.27] 12.00 [-21.26, 45.26] 36.00 [8.99, 83.01] 22.80 [-11.31, 56.91]	
ncee 2012 (Internet delivery) ncee 2015 ncee 2016 (Internet) tterband 2009 tterband 2012 rom 2004 ylor 2017 (Internet) n Straten 2014 ncent 2009 bibotal (95% CI) sterogeneity: Tau* = 0.00; Chi* = 5.23, df = 11 (P = 0.9) st or overall effect Z = 5.13 (P < 0.00001)	386.48 375.84 382.6 404.92 396.05 372 330 372 388.8	59.42 59.71 57.7 61.46 49.64 81.6 69.97	131 36 21 22 13 30 34 37 59	366.02 334.31 361.8 380.04 373.05 371.4 318 336	66.48 59.5 79 59.6 59.82 63.6 53.4 68.93 66	160 27 23 22 13 51 33 47 59	1.9% 4.1% 1.4% 1.5% 1.4% 1.0% 1.6% 2.1% 1.5%	19.51 [-9.57, 48.59] 20.46 [6.73, 34.19] 41.53 [5.92, 77.14] 20.80 [-13.87, 55.47] 24.88 [-10.96, 60.72] 23.00 [-20.86, 66.86] 0.60 [-32.07, 33.27] 12.00 [-21.26, 45.26] 36.00 [8.99, 83.01] 22.80 [-11.31, 56.91]	
ncee 2012 (Internet delivery) ncee 2015 ncee 2016 (internet) tterband 2009 tterband 2012 orn 2004 ylor 2017 (internet) n Straten 2014 ncent 2009 tbtotal (95% CI) st for overall effect: Z = 5.13 (P < 0.00001) 1.4 Self-help delivery	386.48 375.84 382.6 404.92 396.05 372 330 372 388.8	59.42 59.71 57.7 61.46 49.64 81.6 69.97 60 92.4	131 36 21 22 13 30 34 37 59 536	366.02 334.31 361.8 380.04 373.05 371.4 318 336 366	66.48 59.5 79 59.6 59.82 63.6 53.4 68.93 66 96.6	160 27 23 22 13 51 33 47 59 643	1.9% 4.1% 1.4% 1.5% 1.6% 1.6% 2.1% 1.5% 23.1%	19.51 [-9.57, 48.59] 20.46 [6.73, 34.19] 41.53 [5.92, 77.14] 20.80 [+13.87, 55.47] 24.88 [+10.96, 60.72] 23.00 [-20.86, 68.86] 0.60 [+32.07, 33.27] 12.00 [-21.26, 45.26] 36.00 [8.39, 63.01] 19.83 [12.26, 27.40]	
ncee 2012 (Internet delivery) ncee 2015 ncee 2016 (Internet) terband 2009 terband 2009 terband 2012 om 2004 ylor 2017 (Internet) 1 Straten 2014 ccent 2009 btotal (95% CI) terogeneity. Tau" = 0.00; Chi" = 5.23, df = 11 (P = 0.9 st for overall effect. Z = 5.13 (P < 0.00001) 1.4 Self-help delivery rrie 2004 (self-help)	386.48 375.84 382.6 404.92 396.05 372 330 372 388.8 12); F = 0%	59.42 59.71 57.7 61.46 49.64 81.6 69.97 60 92.4	131 36 21 22 13 30 34 37 59 536	366.02 334.31 361.8 380.04 373.05 371.4 318 336 366	66.48 59.5 79 59.6 59.82 63.6 53.4 68.93 66 96.6	160 27 23 22 13 51 33 47 59 643	1.9% 4.1% 1.4% 1.5% 1.0% 1.6% 1.6% 2.1% 1.5% 23.1%	19.51 [-9.57, 48.59] 20.46 [6.73, 44.59] 41.53 [5.92, 77.14] 20.80 [+13.87, 55.47] 24.88 [+10.96, 60.72] 23.00 [-20.86, 66.86] 0.60 [-32.07, 32.07] 22.00 [-21.26, 45.26] 36.00 [8.99, 63.01] 22.80 [+11.31, 56.91] 19.83 [12.26, 27.40]	•
ncee 2012 (Internet delivery) ncee 2015 ncee 2015 ncee 2016 (Internet) terband 2009 terband 2012 om 2004 ylor 2017 (Internet) n Straten 2014 ncent 2009 btotal (95% Ct) terogeneity: Tau" = 0.00; Chi" = 5.23, df = 11 (P = 0.9 st for overall effect Z = 5.13 (P < 0.00001) 4.4 Self-help delivery inte 2004 (self-help) 2014	386.48 375.84 382.6 404.92 396.05 372 330 372 388.8 (2); *= 0% 390 387.56	59.42 59.71 57.7 61.46 49.64 81.6 69.97 60 92.4	131 36 21 22 13 30 34 37 59 536	366.02 334.31 361.8 380.04 373.05 371.4 318 336 366	66.48 59.5 79 59.6 59.82 63.6 53.4 68.93 66 96.6	160 27 23 22 13 51 33 47 59 643	1.9% 4.1% 1.4% 1.5% 1.4% 1.0% 1.6% 2.1% 1.5% 23.1%	19.51 [-9.57, 48.59] 20.48 [6.73, 48.19] 41.53 [5.92, 77.14] 20.80 [-13.87, 55.47] 23.00 [-20.86, 66.86] 0.60 [-32.07, 33.27] 12.00 [-21.26, 45.26] 36.00 [8.99, 63.01] 19.83 [12.26, 27.40]	
ncee 2012 (Internet delivery) ncee 2015 ncee 2015 ncee 2016 (Internet) terband 2009 terband 2009 terband 2012 om 2004 ylor 2017 (Internet) n Straten 2014 ncent 2009 bibotal (95% CI) terogeneity. Tau" = 0.00; Chi" = 5.23, df = 11 (P = 0.9 stfor overall effect Z = 5.13 (P < 0.00001) 1.4 Self-help delivery urne 2004 (self-help) 2014 relov 2012	386.48 375.84 382.6 404.92 396.05 372 388.8 12); F= 0%	59.42 59.71 57.7 61.46 49.64 81.6 69.97 60 92.4 96 88.51 61.2	131 36 21 22 13 30 34 37 59 536 15 103 38	366.02 334.31 361.8 380.04 373.05 371.4 318 336 366 342 385.8 393	66.48 59.5 79 59.6 59.82 63.6 53.4 68.93 66 96.6	160 27 23 22 13 51 33 47 59 643	1.9% 4.1% 1.4% 1.5% 1.6% 1.6% 2.1% 1.5% 23.1%	19.51 [-9.57, 48.59] 20.46 [6.73, 34.19] 41.53 [5.92, 77.14] 20.80 [+13.87, 55.47] 24.88 [+10.96, 60.72] 23.00 [-20.86, 68.86] 0.60 [-32.07, 32.6] 22.00 [-21.26, 45.26] 36.00 [8.99, 63.01] 19.83 [12.26, 27.40] 48.00 [+11.43, 107.43] 1,76 [-22.38, 25.90] -19.80 [-51.24, 11.64]	
ncee 2012 (Internet delivery) ncee 2015 ncee 2016 (Internet) tterband 2009 tterband 2012 rom 2004 ylor 2017 (Internet) n Straten 2014 ncent 2009 btotal (95% Ct) regeneity: Tau*= 0.00; Chi*= 5.23, df = 11 (P = 0.9 st for overall effect Z = 5.13 (P < 0.00001) 1.4. Self-help delivery inter 2004 (self-help) 1.2014 ncee 2012 (self-help)	386.48 375.84 382.6 404.92 396.05 372 330 372 388.8 12); F = 0%	59.42 59.71 57.7 61.46 49.64 81.6 69.97 60 92.4 96 88.51 61.2 61	131 36 21 22 13 30 34 37 59 536	366.02 334.31 361.8 380.04 373.05 371.4 318 336 366	66.48 59.5 79 59.6 59.82 63.6 53.4 68.9 66 96.6	160 27 23 22 13 51 33 47 59 643	1.9% 4.1% 1.5% 1.6% 1.6% 1.6% 2.1% 23.1%	19.51 [-9.57, 48.59] 20.48 [6.73, 34.19] 41.53 [5.92, 77.14] 20.80 [-13.87, 55.48] 41.89 [-10.96, 60.72] 23.00 [-20.86, 66.86] 6.60 [-32.07, 33.27] 12.00 [-21.26, 45.26] 36.00 [8.99, 63.01] 22.80 [-11.31, 56.91] 19.83 [12.26, 27.40] 48.00 [-11.43, 107.43] 1.76 [-22.38, 25.90] -19.80 [-51.24, 11.64]	•
ncee 2015 (Internet delivery) ncee 2015 ncee 2015 ncee 2016 (Internet) terband 2009 terband 2009 terband 2012 om 2004 yor 2017 (Internet) 1 Straten 2014 seent 2009 btotal (95% CI) terogeneity. Tau* = 0.00, Chi* = 5.23, df = 11 (P = 0.9 st for overall effect Z = 5.13 (P < 0.00001) 1.4 Self-help delivery rine 2004 (self-help) 1 2014 melov 2012 ncee 2012 (self-help) rind 2005	386.48 375.64 382.6 404.92 396.05 3772 330 3772 388.8 12); F= 0%	59.42 59.71 57.7 61.46 49.64 81.6 69.97 60 92.4 96 88.51 61.2 61 67.76	131 36 21 22 13 30 34 37 59 536	366.02 334.31 361.8 380.04 373.05 371.4 318 336 366 342 385.8 393 366.02 438.95	66.48 59.5 79 59.6 63.6 63.4 68.93 66 96.6 72 88.72 75.6 59.5 65.96	160 27 23 22 13 51 33 47 59 643 17 104 36 160 96	1.9% 4.1% 1.4% 1.5% 1.6% 2.1% 23.1% 0.6% 2.4% 4.1% 3.1%	19.51 [-9.57, 48.59] 20.46 [6.73, 34.19] 41.53 [5.92, 77.14] 20.80 [+13.87, 55.47] 23.00 [-20.86, 60.72] 23.00 [-20.86, 68.86] 0.60 [-32.07, 33.27] 12.00 [-21.26, 45.26] 36.00 [8.99, 63.01] 19.83 [12.26, 27.40] 48.00 [-11.43, 107.43] 1.76 [-22.38, 25.90] -19.80 [-51.24, 11.84] 25.46 [11.73, 39.19] 4.37 [+14.55, 23.29]	
ncee 2012 (Internet delivery) ncee 2015 ncee 2016 (Internet) terband 2009 terband 2009 terband 2012 om 2004 ylor 2017 (Internet) 1 Straten 2014 ncent 2009 btotal (95% CI) terogeneity. Tau" = 0.00; Chi" = 5.23, df = 11 (P = 0.9 st for overall effect. Z = 5.13 (P < 0.00001) 1.4 Self-help delivery rrie 2004 (self-help) 1.2014 melov 2012 ncee 2012 (self-help) rin 2005 n Straten 2009	386.48 375.84 382.6 404.92 396.05 372 330 372 388.8 12); F = 0%	59.42 59.71 57.7 61.46 49.64 81.6 69.97 60 92.4 96 88.51 61.2 61	131 36 21 22 13 30 34 37 59 536 15 103 38 138 96 126	366.02 334.31 361.8 380.04 373.05 371.4 318 336 366	66.48 59.5 79 59.6 59.82 63.6 53.4 68.9 66 96.6	160 27 23 22 13 51 33 47 59 643 17 104 36 160 96 121	1.9% 4.1% 1.4% 1.5% 1.6% 1.6% 1.5% 23.1% 0.6% 2.4% 1.7% 4.1% 3.1%	19.51 [-9.57, 48.59] 20.46 [6.73, 44.59] 41.53 [5.92, 77.14] 20.80 [+13.87, 55.47] 24.88 [+10.96, 60.72] 23.00 [-20.86, 66.86] 0.80 [-32.07, 32.0] 22.80 [+13.1, 56.91] 19.83 [12.26, 27.40] 48.00 [-11.43, 107.43] 1.76 [-22.38, 25.90] 48.01 [-11.43, 107.43] 4.37 [-14.55, 32.4, 11.64] 25.46 [11.73, 39.19] 4.37 [-14.55, 32.9] 4.37 [-14.55, 23.9] 4.37 [-14.52, 98, 6.78]	
ncee 2012 (Internet delivery) ncee 2015 ncee 2015 ncee 2016 (Internet) terband 2009 terband 2009 terband 2012 om 2004 ylor 2017 (Internet) n Straten 2014 tecent 2009 btotal (95% CI) terogeneity. Tau" = 0.00; Chi" = 5.23, df = 11 (P = 0.9 st for overall effect Z = 5.13 (P < 0.00001) 1.4 Self-help delivery trie 2004 (self-help) 12014 trepto 2012 (self-help) 110 2005 n Straten 2009 btotal (95% CI) terogeneity. Tau" = 260.07; Chi" = 15.73, df = 5 (P = 1)	386.48 375.84 382.6 404.92 396.05 372 330 372 388.8 (2); F= 0%	59.42 59.71 57.7 61.46 49.64 81.6 69.97 60 92.4 96 88.51 61.2 67.76 74.7	131 36 21 22 13 30 34 37 59 536	366.02 334.31 361.8 380.04 373.05 371.4 318 336 366 342 385.8 393 366.02 438.95	66.48 59.5 79 59.6 63.6 63.4 68.93 66 96.6 72 88.72 75.6 59.5 65.96	160 27 23 22 13 51 33 47 59 643 17 104 36 160 96	1.9% 4.1% 1.4% 1.5% 1.6% 2.1% 23.1% 0.6% 2.4% 4.1% 3.1%	19.51 [-9.57, 48.59] 20.46 [6.73, 34.19] 41.53 [5.92, 77.14] 20.80 [+13.87, 55.47] 23.00 [-20.86, 60.72] 23.00 [-20.86, 68.86] 0.60 [-32.07, 33.27] 12.00 [-21.26, 45.26] 36.00 [8.99, 63.01] 19.83 [12.26, 27.40] 48.00 [-11.43, 107.43] 1.76 [-22.38, 25.90] -19.80 [-51.24, 11.84] 25.46 [11.73, 39.19] 4.37 [+14.55, 23.29]	
incee 2012 (internet delivery) incee 2015 incee 2016 incee 2016 interband 2009 tterband 2012 rom 2004 ylor 2017 (internet) n Straten 2014 ncent 2009 bibtotal (95% CI) terogeneity: Tau" = 0.00; Chi" = 5.23, df = 11 (P = 0.9 stroy overall effect Z = 5.13 (P < 0.00001) 1.4 Self-help delivery urne 2004 (self-help) 3:2014 incee 2012 (self-help) in Straten 2009 in Straten 2009 bibtotal (95% CI) terogeneity: Tau" = 260.07; Chi" = 15.73, df = 5 (P = 1 stroy overall effect Z = 0.58 (P = 0.56)	386.48 375.84 382.6 404.92 396.05 372 330 372 388.8 (2); F= 0%	59.42 59.71 57.7 61.46 49.64 81.6 69.97 60 92.4 96 88.51 61.2 67.76 74.7	131 36 21 22 13 30 34 37 59 536 15 103 38 138 96 126	366.02 334.31 361.8 380.04 373.05 371.4 318 336 366 342 385.8 393 366.02 438.95	66.48 59.5 79 59.6 63.6 63.4 68.93 66 96.6 72 88.72 75.6 59.5 65.96	160 27 23 22 13 51 33 47 59 643 17 104 36 160 96 121	1.9% 4.1% 1.4% 1.5% 1.6% 1.6% 1.5% 23.1% 0.6% 2.4% 1.7% 4.1% 3.1%	19.51 [-9.57, 48.59] 20.46 [6.73, 44.59] 41.53 [5.92, 77.14] 20.80 [+13.87, 55.47] 24.88 [+10.96, 60.72] 23.00 [-20.86, 66.86] 0.80 [-32.07, 32.0] 22.80 [+13.1, 56.91] 19.83 [12.26, 27.40] 48.00 [-11.43, 107.43] 1.76 [-22.38, 25.90] 48.01 [-11.43, 107.43] 4.37 [-14.55, 32.4, 11.64] 25.46 [11.73, 39.19] 4.37 [-14.55, 32.9] 4.37 [-14.55, 23.9] 4.37 [-14.52, 98, 6.78]	
ncee 2012 (Internet delivery) ncee 2015 ncee 2015 ncee 2016 (Internet) terband 2009 terband 2009 terband 2012 rom 2004 ylor 2017 (Internet) n Straten 2014 ncent 2009 btotal (95% CI) terogeneity. Tau* = 0.00; Chi* = 5.23, df = 11 (P = 0.9 stfor overall effect Z = 5.13 (P < 0.00001) 1.4 Self-help delivery urite 2004 (self-help) 1.2014 melov 2012 ncee 2012 (self-help) rith 2005 n Straten 2009 btotal (95% CI) strongeneity. Tau* = 260.07; Chi* = 15.73, df = 5 (P = 1 st for overall effect Z = 0.58 (P = 0.56)	388.48 375.84 382.6 404.92 396.05 372 388.8 12); I ^a = 0% 397.65 373.2 391.48 443.32 359.9 0.008); I ^a = 6	59.42 59.71 61.46 49.64 81.6 69.97 92.4 96 88.51 61.2 61.6 67.74.7	131 36 21 12 22 13 30 34 37 59 536	366.02 334.31 361.88 380.04 373.05 371.4 318 336 366 342 385.8 393 366.02 438.95 371	66.48 59.5 79 59.6 63.82 63.6 63.4 68.93 66 96.6 72 88.72 75.6 59.5 65.96 68.6	160 27 23 32 13 51 33 47 59 643 17 104 36 160 96 121 534	1.9% 4.1% 1.4% 1.5% 1.6% 2.1% 23.1% 0.6% 2.4% 1.7% 4.1% 3.3% 15.3%	19.51 [-9.57, 48.59] 20.48 [6.73, 34.19] 41.53 [5.92, 77.14] 20.80 [-13.87, 56.67, 72.48] 21.80 [-13.87, 56.67, 72.23.00 [-20.86, 68.86] 36.00 [-3.20, 73.32, 71.20.0 [-21.26, 45.26] 36.00 [8.99, 63.01] 22.80 [-11.31, 56.91] 19.83 [12.26, 27.40] 48.00 [-11.43, 10.74.3] 1.76 [-22.38, 25.90] -19.80 [-51.24, 11.64] 4.37 [-14.55, 23.29] 4.37 [-14.55, 23.29] 4.37 [-14.59, 24.32]	
ncee 2012 (Internet delivery) ncee 2015 ncee 2015 ncee 2016 (Internet) tetrband 2009 tetrband 2012 rom 2004 ylor 2017 (Internet) n Straten 2014 ncent 2009 bitotal (95% CI) tetrogeneity. Taur = 0.00; Chir = 5.23, df = 11 (P = 0.9 storoverall effect Z = 5.13 (P < 0.00001) 1.4 Self-help delivery urite 2004 (self-help) 1.2 2014 melov 2012 ncee 2012 (self-help) rint 2005 n Straten 2009 bitotal (95% CI) tetrogeneity. Taur = 260.07; Chir = 15.73, df = 5 (P = 1 st for overall effect Z = 0.58 (P = 0.56) 1.5 Telephone delivery need 2013	386.48 375.84 382.6 404.92 396.05 372 330 372 388.8 (2); F= 0%	59.42 59.71 57.7 61.46 49.64 81.6 69.97 60 92.4 96 88.51 61.2 67.76 74.7	131 36 21 22 13 30 34 37 59 536 15 103 38 138 96 126 516	366.02 334.31 361.8 380.04 373.05 371.4 318 336 366 342 385.8 393 366.02 438.95	66.48 59.5 79 59.6 63.6 63.4 68.93 66 96.6 72 88.72 75.6 59.5 65.96	160 27 23 32 13 51 33 47 59 643 17 104 36 160 96 121 534	1.9% 4.1% 1.4% 1.5% 1.6% 1.6% 2.1% 1.5% 23.1% 0.6% 2.4% 4.1% 3.1% 3.3%	19.51 [-9.57, 49.59] 20.46 [6.73, 34.19] 41.53 [3.92, 77.14] 20.80 [+13.87, 55.47] 24.89 [+10.96, 60.72] 23.00 [-20.96, 66.86, 86] 0.60 [-32.07, 33.27] 12.00 [-21.26, 45.26] 36.00 [3.99, 63.07] 19.83 [12.26, 27.40] 48.00 [-11.43, 107.43] 1.76 [-22.38, 25.90] -19.80 [-51.24, 11.64] 25.46 [11.73, 39.19] 4.37 [-14.55, 23.29] -11.10 [-28.99, 6.78] 4.87 [-11.59, 21.32]	
ncee 2012 (Internet delivery) ncee 2015 ncee 2015 ncee 2016 (Internet) terband 2009 tetrband 2012 rom 2004 ylor 2017 (Internet) n Straten 2014 ncent 2009 bitotal (95% CI) tetrogeneity: Tau" = 0.00; Chi" = 5.23, df = 11 (P = 0.9 st for overall effect Z = 5.13 (P < 0.00001) 1.4 Self-help delivery trie 2004 (self-help) 1.2014 melov 2012 ncee 2012 (self-help) rin 2005 n Straten 2009 bitotal (95% CI) tetrogeneity: Tau" = 260.07; Chi" = 15.73, df = 5 (P = 1 st for overall effect Z = 0.58 (P = 0.56) 1.5 Telephone delivery need 2013 bitotal (95% CI) tetrogeneity: Not applicable	388.48 375.84 382.6 404.92 396.05 372 388.8 12); I ^a = 0% 397.65 373.2 391.48 443.32 359.9 0.008); I ^a = 6	59.42 59.71 61.46 49.64 81.6 69.97 92.4 96 88.51 61.2 61.6 67.74.7	131 36 21 12 22 13 30 34 37 59 536	366.02 334.31 361.88 380.04 373.05 371.4 318 336 366 342 385.8 393 366.02 438.95 371	66.48 59.5 79 59.6 63.82 63.6 63.4 68.93 66 96.6 72 88.72 75.6 59.5 65.96 68.6	160 27 23 32 13 51 33 47 59 643 17 104 36 160 96 121 534	1.9% 4.1% 1.4% 1.5% 1.6% 2.1% 23.1% 0.6% 2.4% 1.7% 4.1% 3.3% 15.3%	19.51 [-9.57, 48.59] 20.48 [6.73, 34.19] 41.53 [5.92, 77.14] 20.80 [-13.87, 56.67, 72.48] 21.80 [-13.87, 56.67, 72.23.00 [-20.86, 68.86] 36.00 [-3.20, 73.32, 71.20.0 [-21.26, 45.26] 36.00 [8.99, 63.01] 22.80 [-11.31, 56.91] 19.83 [12.26, 27.40] 48.00 [-11.43, 10.74.3] 1.76 [-22.38, 25.90] -19.80 [-51.24, 11.64] 4.37 [-14.55, 23.29] 4.37 [-14.55, 23.29] 4.37 [-14.59, 24.32]	
incee 2012 (internet delivery) incee 2015 incee 2016 (internet) tterband 2009 tterband 2012 rom 2004 ylor 2017 (internet) in Straten 2014 cent 2009 bibotal (95% Ct) sterogenetly: Tau" = 0.00; Chl" = 5.23, df = 11 (P = 0.9 sterogenetly: Tau" = 0.00; Chl" = 5.23, df = 11 (P = 0.9 sterogenetly: Tau" = 0.00; Chl" = 5.23, df = 11 (P = 0.9 sterogenetly: Tau" = 0.00; Chl" = 15.73, df = 10 (Self-help) in 2014 in 2004 (self-help) in 2012 in 2005 in straten 2009 bibotal (95% Ct) sterogenetly: Tau" = 260.07; Chl" = 15.73, df = 5 (P = 0.9 sterogenetly: Tau" = 260.07; Chl" = 15.73, df = 5 (P = 0.9 sterogenetly: Tau" = 260.07; Chl" = 15.73, df = 5 (P = 0.9 sterogenetly: Tau" = 260.07; Chl" = 15.73, df = 5 (P = 0.9 sterogenetly: Not applicable	388.48 375.84 382.6 404.92 396.05 372 388.8 12); I ^a = 0% 397.65 373.2 391.48 443.32 359.9 0.008); I ^a = 6	59.42 59.71 61.46 49.64 81.6 69.97 92.4 96 88.51 61.2 61.6 67.74.7	131 36 21 22 13 30 34 37 59 536 15 103 38 138 96 126 516	366.02 334.31 361.88 380.04 373.05 371.4 318 336 366 342 385.8 393 366.02 438.95 371	66.48 59.5 79 59.6 63.82 63.6 63.4 68.93 66 96.6 72 88.72 75.6 59.5 65.96 68.6	160 27 23 32 13 51 33 47 59 643 17 104 36 160 96 121 534	1.9% 4.1% 1.4% 1.5% 1.6% 1.6% 2.1% 1.5% 23.1% 0.6% 2.4% 4.1% 3.1% 3.3%	19.51 [-9.57, 49.59] 20.46 [6.73, 34.19] 41.53 [3.92, 77.14] 20.80 [+13.87, 55.47] 24.89 [+10.96, 60.72] 23.00 [-20.96, 66.86, 86] 0.60 [-32.07, 33.27] 12.00 [-21.26, 45.26] 36.00 [3.99, 63.07] 19.83 [12.26, 27.40] 48.00 [-11.43, 107.43] 1.76 [-22.38, 25.90] -19.80 [-51.24, 11.64] 25.46 [11.73, 39.19] 4.37 [-14.55, 23.29] -11.10 [-28.99, 6.78] 4.87 [-11.59, 21.32]	
Incee 2012 (Internet delivery) Incee 2015 Incee 2016 Incee 2012 Incee 2012 Incee 2014 Incee 2014 Incee 2018 Incee 2018 Incee 2018 Incee 2018 Incee 2012 Incee 2016 In	386.48 375.84 362.6 404.92 396.05 3772 3300 372 388.8 12); F= 0% 390 387.56 373.2 391.48 443.32 443.32 443.32 4406.8	59.42 59.71 61.46 49.64 49.64 91.66 92.4 96 88.51 61.2 61 67.76 74.7 68%	131 36 21 22 13 30 34 37 59 536 15 103 38 138 96 126 516	366.02 334.31 361.8 380.04 373.05 371.4 318 336.6 385.8 393 366.02 438.95 371	66.48 59.5 79 59.6 59.82 653.4 68.93 66.6 72 88.72 75.6 59.5 65.9,6 68.6	160 27 23 22 13 33 47 59 643 17 104 36 160 96 121 534	1.9% 4.1% 1.5% 4.1% 1.5% 2.1% 1.0% 1.8% 1.5% 2.15% 1.0% 1.0% 1.0%	19.51 [-9.57, 49.59] 20.46 [6.73, 34.19] 41.53 [3.92, 77.14] 20.80 [+13.87, 55.47] 23.00 [+20.86, 60.72] 23.00 [+20.86, 68.86] 0.60 [+32.07, 33.27] 12.00 [+21.26, 45.26] 36.00 [3.99, 63.07] 19.83 [12.26, 27.40] 48.00 [+11.43, 107.43] 1.76 [+22.38, 25.90] -19.80 [+51.24, 11.64] 25.46 [11.73, 39.19] 4.37 [+14.55, 23.29] -11.10 [+28.98, 6.78] 4.87 [-11.59, 21.32]	
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ncee 2012 (Internet delivery) ncee 2015 ncee 2015 ncee 2016 (Internet) terband 2009 terband 2009 terband 2012 rom 2004 ylor 2017 (Internet) n Straten 2014 ncent 2009 bitotal (95% CI) terogeneity. Tau" = 0.00; Chi" = 5.23, df = 11 (P = 0.9 storourenlety. Tau" = 0.00; Chi" = 5.23, df = 11 (P = 0.9 storourenlety. Tau" = 0.00; Chi" = 5.23, df = 11 (P = 0.9 storourenlety. Tau" = 0.00; Chi" = 5.23, df = 11 (P = 0.9 storourenlety. Tau" = 0.00; Chi" = 5.23, df = 11 (P = 0.9 storourenlety. Tau" = 0.00; Chi" = 15.73, df = 5 (P = 0.9 storourenlety. Tau" = 260.07; Chi" = 15.73, df = 5 (P = 0.9 storourenlety. Tau" = 260.07; Chi" = 15.73, df = 5 (P = 0.9 storourenlety. Tau" = 260.07; Chi" = 15.73, df = 5 (P = 0.9 storourenlety. Not applicable storourenlety. Not applicable storourenleticx Z = 0.66 (P = 0.51)	386.48 375.84 362.6 404.92 396.05 3772 3300 372 388.8 12); F= 0% 390 387.56 373.2 391.48 443.32 443.32 443.32 4406.8	59.42 59.71 61.46 49.64 49.64 69.97 60 92.4 96 88.61 61.2 61 61.2 61 67.76 74.7	131 366 21 22 13 30 34 37 59 536 15 103 38 138 96 516 15 15	366.02 334.31 361.8 380.04 373.05 371.4 318 336.6 385.8 393 366.02 438.95 371	66.48 59.5 79 59.6 59.82 653.4 68.93 68.96 69.6 59.5 65.96 68.6	160 27 23 22 13 33 47 59 643 17 104 36 160 96 121 534	1.9% 4.1% 1.5% 4.10% 1.6% 2.1% 0.6% 2.3.1% 0.6% 2.3.1% 1.0% 2.3.3% 1.0% 1.0% 1.0% 1.0% 1.0%	19.51 [-9.57, 48.59] 20.46 [6.73, 34.19] 41.53 [5.92, 77.14] 20.80 [+13.87, 55.47] 21.80 [+13.87, 55.47] 22.80 [+13.26, 45.26] 38.00 [8.99, 63.27] 22.80 [+11.31, 56.91] 19.83 [12.26, 27.40] 48.00 [-11.43, 107.43] 1.76 [-22.38, 25.90] -19.80 [-51.24, 11.64] 25.46 [11.73, 39.19] 4.37 [-14.55, 23.29] -11.10 [-28.98, 6.78] 4.87 [-11.59, 21.32]	
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*Currie 2004 (in-person and self-help) uses same control data Edinger 2005 (usual and sleep hygiene) pooled control data, converted SE to SD

Lancee 2012 (internet and self-help) uses same control data Lancee 2016 (in-person and internet) uses same control data

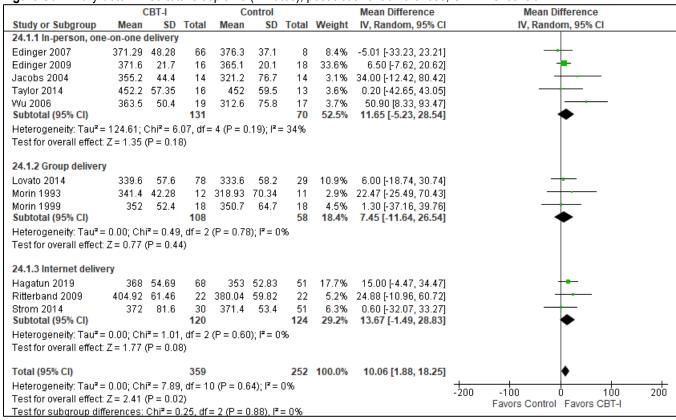
Savard 2014 (in-person and video) uses same control data

Espie 2012 (imagery and usual care) pooled control data, converted SE to SD

Taylor 2017 (in-person and internet) uses same control data, converted SE to SD

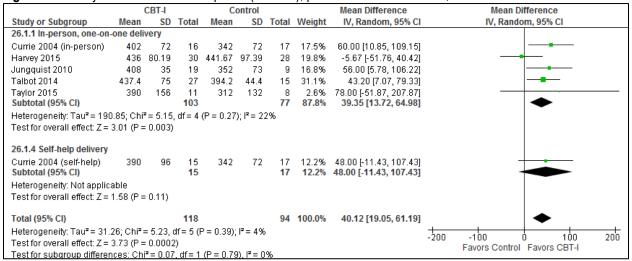
Total sleep time (Diary): Insomnia and no comorbidities

Figure S67. Diary-determined total sleep time (minutes), post treatment differences, CBT-I vs. control



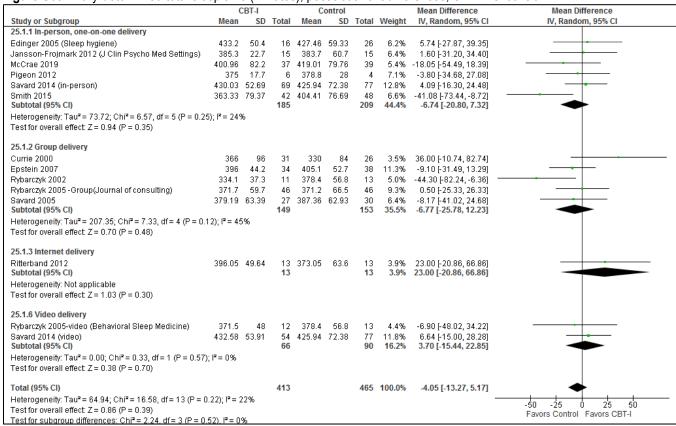
Total sleep time (Diary): Insomnia and comorbid psychiatric conditions

Figure S68. Diary-determined total sleep time (minutes), post treatment differences, CBT-I vs. control



Total sleep time (Diary): Insomnia and comorbid medical conditions

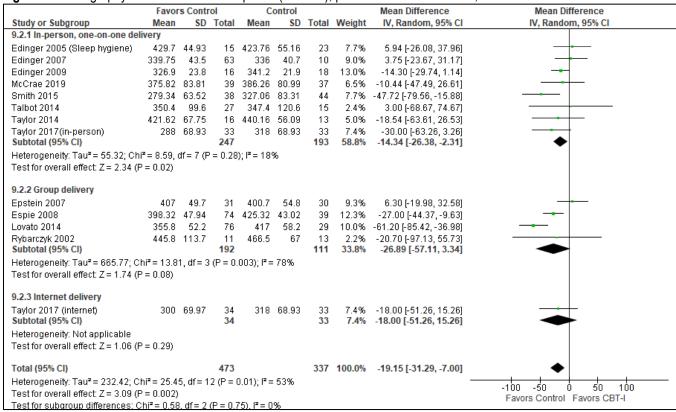
Figure S69. Diary-determined total sleep time (minutes), post treatment differences, CBT-I vs. control



^{*}pooled control data (usual care and sleep hygiene) for Edinger 2005

Total sleep time (Actigraphy)

Figure S70. Actigraphy-determined total sleep time (minutes), post treatment differences, CBT-I vs. control



^{*}Edinger 2005 (usual and sleep hygiene) pooled control data, converted SE to SD

Total sleep time (Act): Insomnia and no comorbidities

Figure S71. Actigraphy-determined total sleep time (minutes), post treatment differences, CBT-I vs. control

CBT-I Control Mean Difference Study or Subgroup Mean SD Total Mean SD Total Weight IV, Random, 95% CI IV, Random, 95% CI IV, Random, 95% CI IV, Random, 95% CI Edinger 2007 339.75 43.5 63 336 40.7 10 25.2% 3.75 [-23.67, 31.17] IV, Random, 95% CI IV, Ra
10.2.1 In-person, one-on-one delivery
Edinger 2007 339.75 43.5 63 336 40.7 10 25.2% 3.75 [-23.67, 31.17]
Edinger 2009 326.9 23.8 16 341.2 21.9 18 30.2% -14.30 [-29.74, 1.14]
Taylor 2014 421.62 67.75 16 440.16 56.09 13 17.9% -18.54 [-63.61, 26.53] Subtotal (95% CI) 95 41 73.4% -10.66 [-23.55, 2.23]
Heterogeneity: Tau ² = 0.00; Chi ² = 1.39, df = 2 (P = 0.50); I ² = 0%
Test for overall effect: Z = 1.62 (P = 0.11)
10.2.2 Group delivery
Lovato 2014 355.8 52.2 76 417 58.2 29 26.6% -61.20 [-85.42, -36.98] Subtotal (95% CI) 76 29 26.6% -61.20 [-85.42, -36.98]
Heterogeneity: Not applicable
Test for overall effect: Z = 4.95 (P < 0.00001)
Total (95% CI) 171 70 100.0% -23.00 [-51.11, 5.11]
Heterogeneity: Tau² = 619.06; Chi² = 14.43, df = 3 (P = 0.002); i² = 79%
Test for overall effect: Z = 1.60 (P = 0.11) Test for overall effect: Z = 1.60 (P = 0.11) Test for overall effect: Z = 1.60 (P = 0.11)
Test for subgroup differences: Chi² = 13.04, df = 1 (P = 0.0003), i² = 92.3%

Taylor 2017 (in-person and internet) uses same control data, converted SE to SD

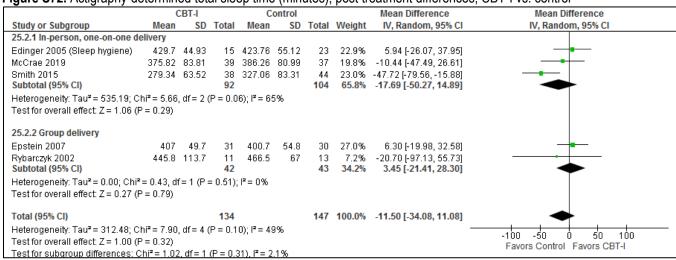
Total sleep time (Act): Insomnia and comorbid psychiatric conditions

Table S27. Actigraphy-determined total sleep time (minutes), post treatment differences, CBT-I vs. control

Study	Delivery	CBT-I				Control	Mean Difference, [95% CI]	
	method	Mean	SD	Total	Mean	SD	Total	
Talbot 2014	In-person, one-on-one	350.4	99.6	27	347.4	120.6	15	3.00[-68.67, 74.67]

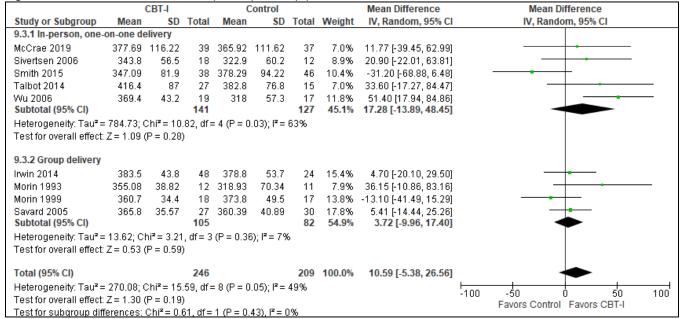
Total sleep time (Act): Insomnia and comorbid medical conditions

Figure S72. Actigraphy-determined total sleep time (minutes), post treatment differences, CBT-I vs. control



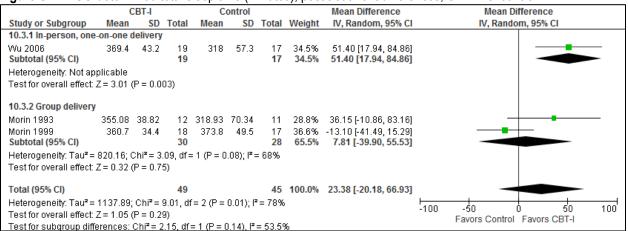
Total sleep time (PSG)

Figure S73. PSG-determined total sleep time (minutes), post treatment differences, CBT-I vs. control



Total sleep time (PSG): Insomnia and no comorbidities

Figure S74. PSG-determined total sleep time (minutes), post treatment differences, CBT-I vs. control



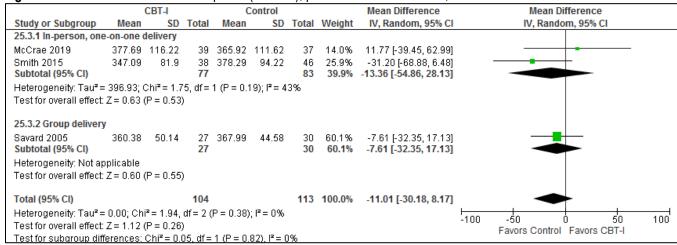
Total sleep time (PSG): Insomnia and comorbid psychiatric conditions

Table S28. PSG-determined total sleep time (minutes), post treatment differences, CBT-I vs. control

Study	Delivery	CBT-I			Control			Mean Difference, [95% CI]
	method	Mean	SD	Total	Mean	SD	Total	
Talbot 2014	In-person, one-on-one	416.4	87	27	382.8	76.8	15	33.60 [-17.27, 84.47]

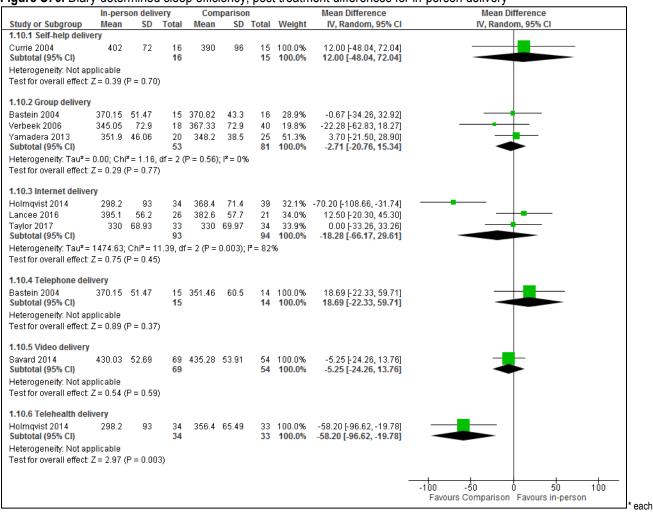
Total sleep time: Insomnia and comorbid medical conditions (PSG)

Figure S75. PSG-determined total sleep time (minutes), post treatment differences, CBT-I vs. control



Total sleep time (Diary): In-person delivery vs. comparison:

Figure S76. Diary-determined sleep efficiency, post treatment differences for in-person delivery



subgroup of delivery method is reported separately in the results section

Table S29. Summary of findings table for CBT-I for the psychological and behavioral treatment of insomnia in adults

References: Currie 2004 (A); Jansson-Frojmark 2012 (B); Lancee 2016 (C); Taylor 2014 (D); Epstein 2007 (E); Espie 2012 (F); Lancee 2015 (G) Strom 2004 (H); Vincent 2009 (I); Arnedt 2013 (J); Ho 2014 (K); Jernelov 2012 (L); Van Straten 2009 (M); Edinger 2005 (N)); Edinger 2007 (O); Edinger 2009 (P); Ellis 2015 (Q); Harvey 2015 (R); Jacobs 2004 (S); Jungquist 2010 (T); Savard 2014 (U); Smith 2015 (V); Talbot 2014 (W); Kaku 2011 (X), Taylor 2015 (Y); Wu 2006 (Z); Bothelius 2013 (AA); Currie 2000 (BB); Espie 2007 (CC); Espie 2008 (DD); Irwin 2014 (EE);); Lovato 2014 (FF); Morin 1993 (GG); Rybarczyk 2002 (HH); Rybarczyk, JCC 2005 (II); Savard 2005 (JJ); Lancee 2012 (KK); Ritterband 2009 (LL); Ritterband 2012 (MM); Van Straten 2014 (NN); Rybarczyk, BSM 2005 (OO); Morin 1999 (PP); Wagley 2013 (QQ); Fleming 2014 (RR); Bjorvatn 2011 (SS); Pigeon 2012 (UU); Dirksen 2007 (VV); Martinez 2014 (WW); Thorndike 2013 (XX); Blom 2016 (ZZ); Thiart 2015 (AAA); Miro 2011 (BBB); Sivertsen 2006 (CCC); Taylor 2017 (DDD); Drake 2019 (EEE); Sandlund 2017 (FFF), Espie 2019 (GGG); Bjorvatn 2018 (HHH); Mao 2017 (III); Bernstein 2017 (JJJ); Morin 2005 (KKK); Alessi 2016 (LLL); Horsch 2017 (MMM); Hagatun 2019 (NNN); McCrae 2019 (OOO)

Outcomes	Quality of the	Absolute Difference	No of Participants
[Tool]	evidence		(studies)
	(GRADE)	CBTI vs Control	
Quality of sleep * [Diary]	⊕⊕⊜⊝ LOW a,c	The standardized mean difference in the CBTI group was 0.44 points higher [0.28 to 0.61 points higher] compared to control	2012 patients (19 RCT) A-M,DDD-FFF,KKK,MMM,OOO
Quality of sleep [PSQI]	⊕⊕⊕⊜ MODERATE °	The standardized mean difference in the CBTI group was 0.66 points lower¹ [0.54 to 0.78 points lower] compared to control	1839 patients (21 RCTs) A.D.E.J.K.P.R.X.BB.HH, II,NN,OO,QQ,SS,WW,BBB.III,KKK,LLL,MMM
Sleep latency * [Diary]	⊕⊕⊕⊝ MODERATE °	The mean difference in the CBTI group was 12.68 minutes lower 2 [10.48 min to 14.88 mins lower] compared to control	4295 patients (47 RCTs) A.C.W.Y.Z.AANN, OO,DDD,EEE,FFF,KKK,LLL,MMM,NNN,OOO
Sleep latency [PSG]	⊕⊕⊕⊝ MODERATE °	The mean difference in the CBTI group was 7.26 minutes lower ² [17.41 min lower to 2.90 mins higher] compared to control	351 patients (6 RCTs) VZEE,GG,JJ,000
Wake after sleep onset * [Diary]	⊕⊕⊜⊝ LOW a,c	The mean difference in the CBTI group was 18.95 minutes lower ² [15.43 to 22.46 minutes lower] compared to control	3756 patients (44 RCT) ACD,E,F,G,H,I,J,K,L,N,O,P,Q,R,T,U,V,W,Y,AA,BB,CC,DD,EE, FF,GG,HH,II,J,KK,LL,MM,OO,PP,EEE,FFF,KKK,LLL,MMM,NNN,OOO
Wake after sleep onset [Act]	⊕⊕⊕⊝ MODERATE °	The mean difference in the CBTI group was 3.64 minutes lower ² [8.34 mins lower to 1.07 min higher] compared to control	955 patients (11 RCT) D.E.N.P.V.W.CC,DD,FF,DDD,000
Wake after sleep onset [PSG]	⊕⊕⊜⊝ LOW a,c	The mean difference in the CBTI group was 16.64 minutes lower ² [30.76 min lower to 2.51 mins higher] compared to control	392 patients (7 RCT) v.w.ee.gg,u,pp,000
Remission rate* [ISI, Diary]	⊕⊕⊕⊜ MODERATE °	The percentage of patients achieving "remission" in the CBTI group was 33% higher¹ [28% to 39% higher] compared to control	1775 patients (25 RCT) A B.D.J.L.P.R.S.U.V.W.Z.BB,CC,EE,FF,JJ,LL,MM,PP,QQ,RR,EEE,FFF,MMM
Responder rate* [ISI, Diary]	⊕⊕⊕⊜ MODERATE °	The percentage of patients considered "responders" in the CBTI group was 44% higher¹ [39% to 51% higher] compared to control	1152 patients (17 RCT) B.C.F.G.J.L.N.O.R.AA, HH.II,OO,PP,FFF,MMM,NNN
Beliefs and attitudes about sleep [DBAS]	⊕⊕⊕⊜ VERY LOW a,b,c	The standardized mean difference in the CBTI group was 0.81 points lower¹ [0.35 to 1.26 points lower] compared to control	1580 patients (16 RCT) D.H.I.J.L.M.U.HH.II.OO,SS,DDD,III, MMM,NNN,OOO
Daytime fatigue [MFI, FFS]	⊕⊕⊜⊝ LOW a,c	The standardized mean difference in the CBTI group was 0.56 points lower¹ [0.25 to 0.87 points lower] compared to control	2250 patients (10 RCT) D.J.J.FF,MM,UU,VV, WW,XX, GGG
Insomnia severity [ISI]	⊕⊕⊕⊜ MODERATE °	The standardized mean difference in the CBTI group was 0.95 points lower¹ [0.78 to 1.13 points lower] compared to control	2827 patients (30 RCT)B,C,D,I,J,K,L,R,T,U,V,W,Y,AA,FF,JJ,LL,UU,VV,ZZ,AAA,DDD,EEE,FFF,HHH,JJJ,KKK,LLL,MMM,NNN
Insomnia severity [ISQ]	⊕⊕⊜⊝ LOW a,c	The standardized mean difference in the CBTI group was 0.32 points lower ² [0.73 points lower to 0.09 points higher] compared to control	200 patients (3 RCT) N,O,P
Nights using hypnotics [Diary]	⊕⊕⊕⊝ MODERATE °	The mean difference in the CBTI group was 1.14 nights per week lower ² [0.66 to 1.63 nights per week lower] compared to control	858 patients (5 RCT) M,HH,KK,OO,SS
Number of nighttime awakenings [Diary]	⊕⊕⊕⊜ MODERATE °	The mean difference in the CBTI group was 0.36 points lower ² [0.24 to 0.48 points lower] compared to control	1683 patients (19 RCT) A.C.D.G.H.I.J.Q.T.BB.FF, KK,LL,MM,NN,DDD,EEE,FFF,MMM
Number of nighttime awakenings [Act]	⊕⊕⊜⊝ LOW a,c	The mean difference in the CBTI group was 0.33 points lower ² [0.19 to 0.48 points lower] compared to control	100 patients (1 RCT) ^{DDD}

Sleep efficiency [Diary]	⊕⊕⊕⊜ MODERATE °	The mean difference in the CBTI group was 7.32% higher ² [6.25% to 8.40% higher] compared to control	4440 patients (50 RCTs) A.C.D.E.F.G.H.I.J.K.L. M.N.O.P.Q.R.S.T.U.V.W.Y.Z.BB.CC, DD.EE.FF.GG.HH.II.JJ.KK,LL.MM.NN, OO,PP.JUJ.AAA.CCC.DDD.EEE.FFF.KKK,LLL.MMM.NNN,OOO
Sleep efficiency	⊕⊕⊕⊜	The mean difference in the CBTI group was 1.20% higher ² [0.05% lower to 2.45% higher] compared to control	923 patients
[Actigraphy]	MODERATE °		(11 RCTs) E.N.O.P.V.CC,DD,HH,DDD,LLL,000
Sleep efficiency	⊕⊕⊕⊜	The mean difference in the CBTI group was 4.81% higher ² [2.34% to 7.29% higher] compared to control	413 patients
[PSG]	MODERATE °		(8 RCTs) VZ.EE,GG,JJ,PP,CCC,000
Total wake time	⊕⊕⊜⊝	The mean difference in the CBTI group was 39.60 minutes lower¹ [26.07 to 53.12 minutes lower] compared to control	1231 patients
[Diary]	L OW a,c		(15 RCTs) B.C.D.F.H.N.O.R.U. GG.JJ.UU.CCC,KKK,LLL
Total wake time	⊕⊕⊜⊝	The mean difference in the CBTI group was 6.08 minutes lower ² [16.42 minutes lower to 4.25 minutes higher] compared to control	134 patients
[Act]	LOW a.c		(3 RCTs) D.N.O
Total wake time	⊕⊕⊜⊝	The mean difference in the CBTI group was 36.98 minutes lower¹ [79.33 minutes lower to 5.37 minutes higher] compared to control	110 patients
[PSG]	LOW a.c		(3 RCTs) GG,JJ,CCC
Total sleep time [Diary]	⊕⊕⊕⊝ MODERATE °	The mean difference in the CBTI group was 9.66 minutes higher ² [4.86 minutes to 14.46 minutes higher] compared to control	3983 patients (49 RCTs) AB,C,D,E,F,G,H,I,J,K,L,M,N,O,P,Q,R,S,T,U,Y,W,Y,Z,BB,CC,DD,EE,FF,GG,HH,II,J,KK,LL,MM,NN,OO,PP,UU,CCC,DDD,EEE,FF,MM,NNN,OOO
Total sleep time	⊕⊕⊜⊝	The mean difference in the CBTI group was 19.15 minutes lower ¹ [7.00 minutes to 31.29 minutes lower] compared to control	817 patients
[Actigraphy]	L OW a.c		(12 RCTs) D.E.N.O.P.V.W.DD.FF, HH.DDD.OOO
Total sleep time	⊕⊜⊜	The mean difference in the CBTI group was 10.59 minutes higher ² [5.38 minutes lower to 26.56 minutes higher] compared to control	455 patients
[PSG]	VERY LOW a,b,c		(9 RCTs) v.w.z.ee,gg,,u,pp, ccc,ooo

^{*} Critical Outcome

a 95% CI crosses clinical significance threshold and/or <200 participants

b Inconsistent subgroup differences

c Risk of bias [no patient blinding, allocation concealment]

1 Meets the clinical significance threshold

2 Does not meet the clinical significance threshold

Table S30. Summary of findings table for CBT-I for the psychological and behavioral treatment of insomnia in adults with insomnia and no comorbidities

References: Edinger 2001 (A); Soeffing 2008(B); Taylor 2014 (C); Edinger 2009 (D); Edinger 2007 (E); Jacobs 2004 (F); Wu 2006 (G); Lovato 2014 (H); Morin 1993 (I); Ritterband 2009 (J); Morin 1999 (K); Strom 2004 (L); Blom 2016 (M); Hagatun 2019 (N), Bernstein 2017(O)

(), ()			` '
Outcomes [Tool]	Quality of the evidence	Absolute Difference	No of Participants (studies)
	(GRADE)	CBTI vs Control	
Quality of sleep *	⊕⊜⊜	The standardized mean difference in the CBTI group was 0.77 points higher [0.52 points lower to 2.07 points higher] compared to control ¹	110 patients
Diary]	VERY LOW a,b,c		(2 RCT) ^{C,L}
Quality of sleep *	⊕⊕⊜⊝	The standardized mean difference in the CBTI group was 1.08 points lower [2.17 points lower to 0.02 points higher] compared to control ¹	63 patients
PSQI]	L OW a,b,c		(2 RCT) ^{C,D}
Sleep latency *	⊕⊕⊕⊝	The mean difference in the CBTI group was 12.82 minutes lower [7.56 min to 18.09 mins lower] compared to control ²	569 patients
Diary]	MODERATE °		(10 RCTs) C.D.E.F.G.H.I.J.L.N
Gleep latency	⊕⊕⊜⊝	The mean difference in the CBTI group was 17.11 minutes lower [43.65 min lower to 9.43 mins higher] compared to control ²	58 patients
PSG]	L OW a,c		(2 RCTs) ^{G,I}
Vake after sleep onset *	⊕⊕⊜⊝	The mean difference in the CBTI group was 22.83 minutes lower [11.04 to 34.63 minutes lower] compared to control ¹	540 patients
Diary]	L OW a,c		(9 RCTs) C,D,E,H,I,J,K,L,N
Vake after sleep onset	⊕⊕⊜⊝	The mean difference in the CBTI group was 5.41 minutes lower [14.16 mins lower to 3.33 min higher] compared to control ²	181 patients
Act]	L OW a,b,c		(3 RCT) ^{C,D,H}
Vake after sleep onset PSG]	⊕⊕⊜⊝ L OW a,c	The mean difference in the CBTI group was 24.51 minutes lower [7.51 min lower to 41.52 mins higher] compared to control ¹	58 patients (2 RCT) I,K
Remission rate*	⊕⊕⊕⊜	The percentage of patients achieving "remission" in the CBTI group was 47% higher [33% to 61% higher] compared to control1	278 patients
ISI, Diary]	MODERATE °		(6 RCT) C,D,F,G,H,J
Responder rate*	⊕⊕⊕⊜	The percentage of patients considered "responders" in the CBTI group was 44% higher [31% to 57% higher] compared to control ¹	222 patients
ISI, Diary]	MODERATE ª		(2 RCT) D,N
Beliefs and attitudes about sleep	⊕⊕⊜⊝	The mean difference in the CBTI group was 1.21 points lower [0.65 to 1.76 points lower] compared to control ¹	251 patients
DBAS]	L OW a,b,c		(3 RCT) ^{C,L,N}
Daytime fatigue	⊕⊕⊜⊝	The std mean difference in the CBTI group was 0.7 points lower [0.32 to 1.08 points lower] compared to control ¹	134 patients
MFI, FFS]	L OW a,c		(2 RCT) ^{C,H}
nsomnia severity	⊕⊕⊜⊝	The mean difference in the CBTI group was 1.25 points lower [0.95 to 1.55 points lower] compared to control ¹	541 patients
SI]	LOW b,c		(6 RCT) C,H,J,M,N,O
nsomnia severity	⊕⊕⊕⊜	The mean difference in the CBTI group was 0.45 points lower [1.13 points lower to 0.23 points higher] compared to control ²	258 patients
ISQ]	MODERATE ^a		(2 RCT) D.E
Nights using hypnotics	⊕⊕⊜⊝	The mean difference in the CBTI group was 0.2 nights per week higher [2.33 nights lower to 2.73 nights per week higher] compared to control ²	24 patients
Diary]	L OW a,b,c		(1 RCT) ¹
Number of nighttime awakenings	⊕⊕⊜⊝	The mean difference in the CBTI group was 0.31 points lower [0.07 to 0.55 points lower] compared to control ²	259 patients
Diary]	L OW a,c		(4 RCTs) ^{C,H,J,L}
Gleep efficiency	⊕⊕⊜⊝	The mean difference in the CBTI group was 8.75% higher [6.34 % to 11.15% higher] compared to control ²	646 patients
Diary]	L OW a,c		(11 RCTs) ^{C-L,N}
Sleep efficiency Actigraphy]	⊕⊕⊕⊜ MODERATE ^a	The mean difference in the CBTI group was 0.16% lower [3.25% lower to 2.94% higher] compared to control ²	139 patients (2 RCTs) D.E
Sleep efficiency	⊕⊕⊜⊝	The mean difference in the CBTI group was 6.27% higher [2.64% to 9.9% higher] compared to control ²	94 patients
PSG]	LOW a,c		(3 RCTs) G,I,K
otal wake time	⊕⊕⊜⊝	The mean difference in the CBTI group was 17.49 minutes lower [2.87 to 32.1 minutes lower] compared to control ²	207 patients
Diary]	LOW a,b,c		(4 RCTs) ^{C,E,I,L}
otal wake time	⊕⊕⊜⊝	The mean difference in the CBTI group was 2.49 minutes lower [10.58 minutes lower to 5.61 minutes higher] compared to control ²	96 patients
Act]	LOW a,b,c		(2 RCTs) ^{C,E}
otal wake time	⊕⊕⊜⊝	The mean difference in the CBTI group was 37.92 minutes lower [6.57 minutes to 69.27 minutes lower] compared to control ¹	23 patients
PSG]	LOW a,c		(1 RCT)
otal sleep time	⊕⊕⊜⊝	The mean difference in the CBTI group was 10.06 minutes higher [1.88 minutes lower to 18.25 minutes higher] compared to control ²	611 patients
Diary]	LOW a,c		(11 RCTs) ^{C-L}
Fotal sleep time	⊕⊕⊜⊝	The mean difference in the CBTI group was 23 minutes lower [51.11 minutes lower to 5.11 minutes higher] compared to control ²	241 patients
Actigraphy]	L OW a,b,c		(4 RCTs) ^{C,D,E,H}

Total sleep time	## 00	The mean difference in the CBTI group was 23.28 minutes higher [20.18 minutes	94 patients
[PSG]	LOW a,b,c	lower to 66.93 minutes higher] compared to control ¹	(3 RCTs) G,I,K

^{*} Critical Outcome
a 95% CI crosses clinical significance threshold and/or <200 participants
b Inconsistent subgroup differences or overall inconsistency
c Risk of bias [no patient blinding, allocation concealment]
1 Meets the clinical significance threshold
2 Does not meet the clinical significance threshold

Table S31. Summary of findings table for CBT-I for the psychological and behavioral treatment of insomnia in adults with insomnia and psychiatric comorbidities

References: Currie 2004 (A); Freeman 2015 (B); Harvey 2015 (C); Wagley 2013 (D);); Jungquist 2010 (H); Talbot 2014 (I); Taylor 2015 (J); Jansson-Frojmark 2012 (K); Thorndike 2013 (L)

Outcomes [Tool]	Quality of the evidence	Absolute Difference	No of Participants (studies)
	(GRADE)	CBTI vs Control	
Quality of sleep *	⊕⊕⊜⊝	The standardized mean difference in the CBTI group was 0.82 points higher [0.15 points to 1.48 points higher] compared to control ¹	47 patients
[Diary]	LOW a,c		(1 RCT) ^A
Quality of sleep	⊕⊕⊕⊜	The standardized mean difference in the CBTI group was 0.78 points lower [0.55 points to 1 point lower] compared to control ¹	316 patients
PSQI]	MODERATE °		(7 RCT) ^{A-G}
Sleep latency *	⊕⊕⊜⊝	The mean difference in the CBTI group was 23.02 minutes lower [15.20 min to 30.84 mins lower] compared to control ¹	339 patients
Diary]	LOW a,c		(8 RCTs) A,C,E,F,G,H,I,J
Vake after sleep onset *	⊕⊕⊜⊝	The mean difference in the CBTI group was 24.57 minutes lower [10.63 to 38.50 minutes lower] compared to control ¹	339 patients
Diary]	LOW a,c		(8 RCTs) A,C,E,F,G,H,I,J
Nake after sleep onset	⊕⊕⊕⊜	The mean difference in the CBTI group was 13.96 minutes lower [57.28 mins lower to 20.52 min higher] compared to control ²	45 patients
Act]	MODERATE ^a		(1 RCT) ¹
Nake after sleep onset	⊕⊕⊕⊜	The mean difference in the CBTI group was 18.38 minutes lower [60.15 mins lower to 32.23 min higher] compared to control ²	102 patients
PSG]	MODERATE ^a		(1 RCT)
Remission rate*	⊕⊕⊜⊝	The percentage of patients achieving "remission" in the CBTI group was 31% higher [13% to 48% higher] compared to control ¹	196 patients
ISI, Diary]	LOW a,c		(5 RCT) A,CD,H,I
Responder rate*	⊕⊕⊜⊝	The percentage of patients considered "responders" in the CBTI group was 50% higher [38% to 62% higher] compared to control ¹	188 patients
ISI, Diary]	LOW a,c		(4RCT) ^{C,E,F,G}
Cognitive function	⊕⊕⊜⊝	The mean difference in the CBTI group was 0.9 points lower [0.53 to 1.28 points lower] compared to control ¹	123 patients
DBAS]	LOW a,c		(3 RCT) ^{E,F,G}
Daytime fatigue	⊕⊕⊜⊝	The std mean difference in the CBTI group was 0.81 points lower [0.19 to 1.42 points lower] compared to control ¹	44 patients
MFI, FFS]	LOW a,c		(1 RCT) ^L
nsomnia severity	⊕⊕⊕⊜	The mean difference in the CBTI group was 1.61 points lower [1.16 to 2.05 points lower] compared to control ¹	147 patients
SI]	MODERATE ^a		(4 RCT) ^{C,H,I,J}
Nights using hypnotics	⊕⊕⊜⊝	The mean difference in the CBTI group was 1.5 nights per week lower [3.53 nights lower to 0.53 nights per week higher] compared to control ²	25 patients
Diary]	L OW a,b		(1 RCT) ^G
Number of nighttime awakenings	⊕⊕⊜⊝	The mean difference in the CBTI group was 0.54 points lower 1.25 points lower to 0.59 points higher] compared to control ¹	93 patients
Diary]	LOW a,c		(2 RCTs) A,H
Sleep efficiency	⊕⊕⊜⊝	The mean difference in the CBTI group was 9.52% higher [7.05 % to 11.99% higher] compared to control ²	353 patients
Diary]	LOW a,c		(7 RCTs) A,C,E,F,G,H,I,J
Sleep efficiency	⊕⊕⊜⊝	The mean difference in the CBTI group was 0.80% lower [10.15% lower to 8.55% higher] compared to control ²	24 patients
Actigraphy]	LOW a,c		(1 RCT) ^E
Total wake time Diary]	⊕⊕⊜⊝	The mean difference in the CBTI group was 25.94 minutes lower [53.98 mins lower to 2.10 minutes higher] compared to control ²	58 patients (1 RCTs) ^c
Total sleep time	⊕⊕⊜⊝	The mean difference in the CBTI group was 17.69 minutes higher [5.66 minutes lower to 41.04 minutes higher] compared to control ²	371 patients
Diary]	L OW a,b,c		(9 RCTs) A-C,E,F,G,H,I,J
Fotal sleep time	⊕⊕⊕⊜	The mean difference in the CBTI group was 27.47 minutes lower [69.89 minutes lower to 14.94 minutes higher] compared to control ²	103 patients
Actigraphy]	MODERATE ^a		(3 RCTs) B,E,I
Total sleep time	⊕⊕⊕⊜	The mean difference in the CBTI group was 33.60 minutes higher [17.27 minutes lower to 84.47 minutes higher] compared to control ¹	42 patients
[PSG]	MODERATE ^a		(1 RCTs)

^{*} Critical Outcome

a 95% CI crosses clinical significance threshold and/or <200 participants

b. Inconsistent subgroup differences or overall inconsistency c. Risk of bias [no patient blinding, allocation concealment]

¹ Meets the clinical significance threshold

² Does not meet the clinical significance threshold

Table S32. Summary of findings table for CBT-I for the psychological and behavioral treatment of insomnia in adults with insomnia and medical comorbidities

References: Epstein 2007 (A); Jansson-Frojmark 2012 (B); Edinger 2005 (C); Savard 2014 (D); Ritterband 2012 (E); Currie 2000 (F); Savard 2005 (G); Smith 2015 (H); Martinez 2014 (I); Miro 2011 (J); Hou 2014 (K); Pigeon 2012 (L); Dirksen 2007 (M); Chen 2008 (N); Mathews 2014 (O); McCrae 2019 (P); Rybarczyk 2005 (JCC) (Q); Rybarczyk 2005 (BSM (R); Rybarczyk 2002 (S)

Outcomes [Tool]	Quality of the evidence	Absolute Difference	No of Participants (studies)
	(GRADE)	CBTI vs Control	
Quality of sleep *	⊕⊕⊜⊝	The standardized mean difference in the CBTI group was 0.14 points higher [0.60 points lower to 0.88 points higher] compared to control ²	178 patients
[Diary]	L OW a,b,c		(3 RCT) A,B,P
Quality of sleep	⊕⊕⊕⊜	The standardized mean difference in the CBTI group was 0.88 points lower [0.61 points to 1.14 points lower] compared to control ¹	243 patients
[PSQI]	MODERATE :		(4 RCT) ^{G,J,K,L}
Sleep latency * [Diary]	⊕⊕⊕⊜ MODERATE °	The mean difference in the CBTI group was 10.63 minutes lower [5.83 min to 15.44 mins lower] compared to control ²	220 patients (11 RCTs) A,C,D,E,F,G,H,P,Q,R,S
Sleep latency	⊕⊕⊜⊝	The mean difference in the CBTI group was 2.89 minutes lower [20.31 min lower to 14.53 mins higher] compared to control ²	202 patients
[PSG]	LOW a,c		(3 RCTs) H,I,P
Wake after sleep onset * [Diary]	⊕⊕⊜⊝ LOW a,c	The mean difference in the CBTI group was 19.60 minutes lower [11.90 to 27.31 minutes lower] compared to control ²	761 patients (11 RCTs) A,C,D,E,F,G,H,I,P,Q,R,S
Wake after sleep onset	⊕⊕⊜⊝	The mean difference in the CBTI group was 10.15 minutes lower [0.61 mins to 19.68 min lower] compared to control ²	261 patients
[Act]	L OW a,b,c		(4 RCT) C,D,I,P
Wake after sleep onset [PSG]	⊕⊕⊜⊝ LOW a,b,c	The mean difference in the CBTI group was 18.59 minutes lower [48.29mins lower to 11.11 mins higher] compared to control 2	217 patients (3 RCT) H,I,P
Remission rate*	⊕⊕⊕⊝	The percentage of patients achieving "remission" in the CBTI group was 30% higher [23% to 38% higher] compared to control1	465 patients
[ISI, Diary]	Moderate °		(6 RCT) B,E,F,G,H,I
Responder rate* [ISI, Diary]	⊕⊕⊜⊝ LOW a,c	The percentage of patients considered "responders" in the CBTI group was 59% higher [43% to 75% higher] compared to control ¹	66 patients (2 RCT) B,C
Beliefs and attitudes about sleep [DBAS]	⊕⊕⊜⊝ L OW a,c	The mean difference in the CBTI group was 1.20 points lower [0.74 to 1.67 points lower] compared to control ¹	489 patients (5 RCT) D.P.Q.R.S
Daytime fatigue	⊕⊕⊕⊜	The std mean difference in the CBTI group was 0.53 points lower [0.22 to 0.84 points lower] compared to control ¹	167 patients
[MFI, FSS]	Moderate :		(4 RCT) F,J,M,N
Insomnia severity [ISI]	⊕⊕⊜⊝ LOW a,c	The mean difference in the CBTI group was 0.78 points lower [0.43 to 1.12 points lower] compared to control ¹	401 patients (5 RCT) B,E,I,M,N
Insomnia severity	⊕⊕⊜⊝	The mean difference in the CBTI group was 0.31 points lower [1.74 points lower to 1.11 points higher] compared to $control^2$	42 patients
[ISQ]	L OW a,b,c		(1 RCT) °
Number of awakenings	⊕⊕⊜⊝	The mean difference in the CBTI group was 0.11 points lower [0.7 to 0.92 points lower] compared to control ²	83 patients
[Diary]	L OW a,b		(2 RCTs) G,Q
Sleep efficiency	⊕⊕⊕⊝	The mean difference in the CBTI group was 7.04% higher [5.02 % to 9.05% higher] compared to control ²	771 patients
[Diary]	Moderate °		(12 RCTs) A,C,D,E,F,G,H,L,P,Q,R,S
Sleep efficiency	⊕⊕⊜⊝	The mean difference in the CBTI group was 3.47% higher [1.55% to 5.39% higher] compared to control ²	259 patients
[Actigraphy]	LOW a,c		(4 RCTs) A,C,H,P
Sleep efficiency	⊕⊕⊜⊝	The mean difference in the CBTI group was 3.25% higher [0.12% lower to 6.38% higher] compared to control ²	217 patients
[PSG]	LOW a,c		(3 RCTs) ^{G,H,P}
Total wake time	⊕⊕⊜⊝	The mean difference in the CBTI group was 37.64 minutes lower [19.71 to 55.58 minutes lower] compared to control ¹	351 patients
[Diary]	L OW a,b,c		(5 RCTs) B,C,D,G,L
Total wake time	⊕⊕⊜⊝	The mean difference in the CBTI group was 16.96 minutes lower [1.22 minutes to 32.71 minutes lower] compared to control ²	38 patients
[Act]	LOW ^{a,c}		(1 RCTs) ^c
Total wake time	⊕⊕⊜⊝	The mean difference in the CBTI group was 1.37 minutes lower [23.05 minutes to 20.31 minutes higher] compared to control ²	57 patients
[PSG]	LOW a,c		(1 RCT) ^G
Total sleep time	⊕⊕⊜⊝	The mean difference in the CBTI group was 4.05 minutes lower [13.27 minutes lower to 5.17 minutes higher] compared to control ²	801 patients
[Diary]	LOW a,c		(13 RCTs) A-H,L,P,Q,R,S
Total sleep time	⊕⊕⊜⊝	The mean difference in the CBTI group was 11.50 minutes lower [34.08 minutes lower to 11.08 minutes higher] compared to control ²	281 patients
[Actigraphy]	LOW a,c		(5 RCTs) A,C,H,P,S
Total sleep time	⊕⊕⊜⊝	The mean difference in the CBTI group was 11.01 minutes lower [30.18 minutes lower to 8.17 minutes higher] compared to control ²	217 patients
[PSG]	LOW a,c		(3 RCTs) ^{G,H,P}

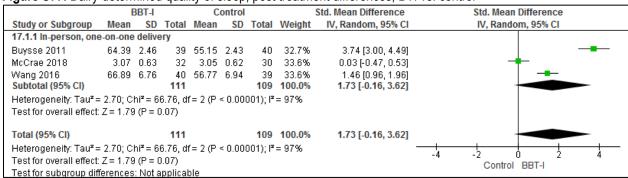
- * Critical Outcome
- 2 Critical Outcome
 2 95% CI crosses clinical significance threshold and/or <200 participants
 5 Inconsistent subgroup differences or overall inconsistency
 CRisk of bias [no patient blinding, allocation concealment]

 1 Meets the clinical significance threshold
 2 Does not meet the clinical significance threshold

Brief Therapies for Insomnia (BTI)

Quality of sleep: Diary

Figure S77. Dairy-determined quality of sleep, post treatment differences, BTI vs. control



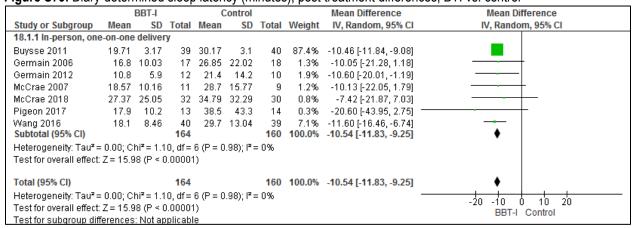
Quality of sleep: PSQI

Figure S78. PSQI-determined quality of sleep, post treatment differences, BTI vs. control

	[BBT-I		C	ontrol		!	Std. Mean Difference	Std. Mean Difference
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Random, 95% CI	IV, Random, 95% CI
37.1.1 In-person, one	e-on-one	e delive	егу						
Buysse 2011	6.89	0.48	39	9.83	0.47	40	24.4%	-6.13 [-7.20, -5.05]	-
Germain 2006	6.65	3.41	17	10	2.7	18	25.3%	-1.07 [-1.78, -0.35]	
Germain 2012	5.5	3.2	12	8.9	3.4	13	25.0%	-0.99 [-1.83, -0.15]	
Germain 2014 Subtotal (95% CI)	6	3.16	20 88	7.13	3.46	16 87	25.4% 100.0%	-0.34 [-1.00, 0.33] - 2.10 [- 4.24, 0.04]	—
Heterogeneity: Tau ² =	4.58; C	hi² = 8	5.87, d1	f= 3 (P ·	< 0.000	001); l²	= 97%		
Test for overall effect	Z = 1.92	2 (P = 0	0.05)						
Total (95% CI)			88			87	100.0%	-2.10 [-4.24, 0.04]	-
Heterogeneity: Tau ² =	= 4.58; C	hi² = 8	5.87, di	f= 3 (P ·	< 0.000	001); <mark>P</mark>	= 97%	-	
Test for overall effect	Z = 1.92	2 (P = 0	0.05)						Favors Control Favors BBT-I
Test for subgroup dif	ferences	: Not a	pplicat	ole					Pavois Collini Pavois BB1-1

Sleep latency: Diary

Figure S79. Diary-determined sleep latency (minutes), post treatment differences, BTI vs. control



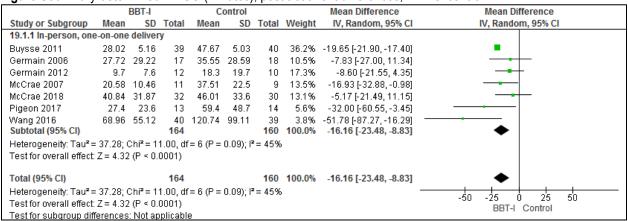
Sleep latency: PSG

Table \$33. PSG-determined sleep latency (minutes), post treatment differences, BTI vs. control

Study	Delivery	BTI				Control	Mean Difference, [95% CI]	
	method	Mean	SD	Total	Mean	SD	Total	
Buysse 2011	In-person, one-on-one delivery	29.21	4.81	39	25.59	4.74	40	3.62 [1.51, 5.73]
Germain 2012	In-person, one-on-one delivery	18.2	11.9	12	14.7	8.7	12	3.50 [-4.84, 11.84]

Wake after sleep onset: Diary

Figure S80. Diary-determined WASO (minutes), post treatment differences, BTI vs. control



Wake after sleep onset

Table S34. Actigraphy-determined WASO (minutes), post treatment differences, BTI vs. control

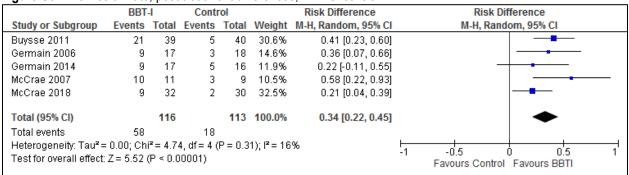
Study	Delivery		BTI			Control	Mean Difference, [95% CI]	
•	method	Mean	SD	Total	Mean	SD	Total	
Buysse 2011	In-person, one-on-one delivery	46.62	3.99	39	55.38	3.97	40	-8.76 [-10.52, -7.00]
McCrae 2018	In-person, one-on-one delivery	32.05	17.06	32	41	15.1	30	-8.95 [-16.96, -0.94]

Table \$35, PSG-determined WASO (minutes), post treatment differences, BTI vs. control

Study	Delivery		BTI			Control	Mean Difference, [95% CI]	
	method	Mean	SD	Total	Mean	SD	Total	
Buysse 2011	In-person, one-on-one delivery	85.26	8.49	40	92.46	8.38	40	-7.20 [-10.92, -3.48]
Germain 2012	In-person, one-on-one delivery	45.1	19.7	12	33	24.5	12	12.10 [-5.69, 29.89]

Remission rate

Figure S81. Remission rate, post treatment differences, BTI vs. control



Responder rate

Table S36. Responder rate, post treatment differences, BTI vs. control

Study	Delivery method	BT		Cor	ntrol	Risk Difference [95% CI]
		Events	Total	Events	Total	
Germain 2014	In-person, one-on- one, delivery	13	17	8	16	0.26[-0.05, 0.58]
Pigeon 2017	In-person, one-on- one, delivery	4	11	2	13	0.21[-0.14, 0.56]

Beliefs and attitudes about sleep

Table S37. Dysfunctional Beliefs and Attitudes about Sleep (DBAS)-determined beliefs and attitudes about sleep, post treatment differences, BTI vs. control

Study	Delivery		BTI			Control	Std. Mean Difference,	
	method	Mean	SD	Total	Mean	SD	Total	[95% CI]
Wang 2016	In-person, one-on-one delivery	4.88	0.89	40	5.09	0.99	39	-0.22 [-0.66, 0.22]

Insomnia severity

Figure S82, ISI-determined insomnia severity, post treatment differences, BTI vs. control

		BBT-I		C	ontrol		!	Std. Mean Difference		Std. Mean Difference	
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Random, 95% CI		IV, Random, 95% CI	
39.1.1 In-person, one	e-on-one	delive	егу								
Germain 2012	6.8	5	12	11.8	5	13	21.8%	-0.97 [-1.80, -0.13]			
Germain 2014	7.82	4.71	20	10	4.5	16	25.5%	-0.46 [-1.13, 0.21]			
Pigeon 2017	13.9	6.1	13	15.2	7	14	23.5%	-0.19 [-0.95, 0.57]			
Wang 2016 Subtotal (95% CI)	7.96	1.99	40 85	11.36	2.52	39 82	29.1% 100.0%	-1.49 [-1.99, -0.98] -0.81 [-1.43, -0.18]		•	
Heterogeneity: Tau ² =	= 0.29; C	hi² = 1	0.27, di	f= 3 (P :	= 0.02)	; I² = 71	1%				
Test for overall effect	Z = 2.52	P = 0	0.01)								
Total (95% CI)			85			82	100.0%	-0.81 [-1.43, -0.18]		•	
Heterogeneity: Tau ² =	= 0.29; C	hi² = 1	0.27, di	f= 3 (P :	= 0.02)	; I² = 71	1%			<u> </u>	- !
Test for overall effect: $Z = 2.52$ (P = 0.01)									-4	-2 U 2 Favors BBT-I Favors Control	4
Test for subgroup dif	ferences	: Not a	pplical	ole						Favors DDT-1 Favors Contion	

Number of awakenings

Table S38. Diary-determined number of awakenings (nights/week), post treatment differences, BTI vs. control

Study	Delivery		BTI			Control	Mean Difference, [95% CI]	
	method	Mean	SD	Total	Mean	SD	Total	
McCrae 2007	In-person, one-on-one delivery	1.64	0.56	11	1.86	0.47	9	-0.22 [-0.67, 0.23]
Pigeon 2017	In-person, one-on-one delivery	1.5	1	13	2	1.2	14	-0.50 [-1.33, 0.33]

Sleep efficiency

Figure S83. Diary-determined sleep efficiency (%), post treatment differences, BTI vs. control

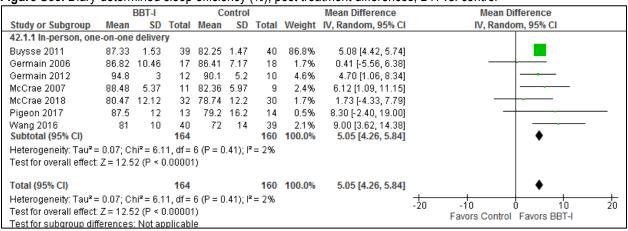


Table S39. Actigraphy-determined sleep efficiency (%), post treatment differences, BTI vs. control

Study	Delivery		BTI			Control	Mean Difference, [95% CI]	
	method	Mean	SD	Total	Mean	SD	Total	
Buysse 2011	In-person, one-on-one delivery	82.82	1.16	39	79.99	1.15	40	2.83 [2.32, 3.34]
McCrae 2018	In-person, one-on-one delivery	86.39	7.36	32	82.58	7.05	30	-3.81 [0.22, 7.40]

Table S40. PSG-determined sleep efficiency (%), post treatment differences, BTI vs. control

Study	Delivery		BTI		Mean Difference, [95% CI]			
	method	Mean	SD	Total	Mean	SD	Total	
Buysse 2011	In-person, one-on-one delivery	74.86	1.67	39	74.16	1.64	40	0.70 [-0.03, 1.43]
Germain 2012	In-person, one-on-one delivery	84.5	6.5	12	89.1	5	12	-4.60 [-9.24, 0.04]

Total sleep time

Figure S84. Diary-determined total sleep time (minutes), post treatment differences, BTI vs. control

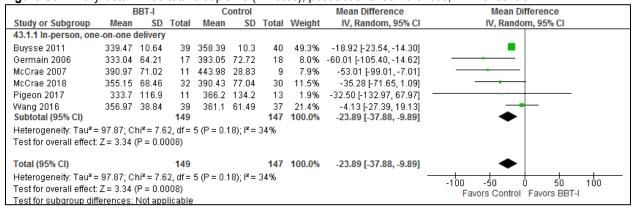


Table S41. Actigraphy-determined total sleep time (minutes), post treatment differences, BTI vs. control

Study	Delivery		BTI			Control	Mean Difference, [95% CI]	
	method	Mean	SD	Total	Mean	SD	Total	
Buysse 2011	In-person, one-on-one delivery	338.16	8.14	39	370.44	8.02	40	-32.28 [-35.84, -28.72]
McCrae 2018	In-person, one-on-one delivery	371.79	47.69	32	375.75	63.46	30	-3.96 [-32.04, 24.12]

Table S42. PSG-determined total sleep time (minutes), post treatment differences, BTI vs. control

Study	Delivery		BTI			Control	Mean Difference, [95% CI]	
	method	Mean	SD	Total	Mean	SD	Total	
Buysse 2011	In-person, one-on-one delivery	324.82	9.43	39	333.31	9.31	40	-8.49 [-12.62, -4.36]
Germain 2012	In-person, one-on-one delivery	355.6	64.9	12	389.7	40	12	-34.10 [-77.23, 9.03]

Table S43. Summary of findings table for BTIs for the psychological and behavioral treatment of insomnia in adults

References: Buysse 2011 (A); Wang 2016 (B); Germain 2006 (C); Germain 2012 (D); Germain 2014 (E); McCrae 2007 (F); Pigeon 2017 (G); McCrae 2018 (H); Pigeon 2017 (I)

Outcomes [Tool]	Quality of the evidence	Absolute Difference	No of Participants (studies)
	(GRADE)	BTIIs vs Control	
Quality of sleep*	⊕⊕⊜⊝	The standardized mean difference in the BTII group was 1.73 points higher¹ [0.16 points lower to 3.62 points higher] compared to control	220 patients
Diary]	LOW a,b,c		(3 RCT) A,B,H
Quality of sleep	⊕⊕⊜⊝	The standardized mean difference in the BTII group was 0.76 points lower¹ [0.28 points to 1.25 points lower] compared to control	96 patients
PSQI]	L OW a,c		(3 RCT) C,D,E
Gleep latency*	⊕⊕⊕⊜	The mean difference in the BTII group was 10.54 minutes lower ² [9.25 mins to 11.83 mins lower] compared to control	324 patients
Diary]	Moderate∘		(7 RCT) A,B,C,D,F,G,H
Sleep latency	⊕⊕⊕⊜	The mean difference in the BTII group ranged from 3.50 to 3.62 minutes higher ² compared to control	103 patients
PSG]	MODERATE ²		(2 RCT) A,D
Vake after sleep onset*	⊕⊕⊜⊝	The mean difference in the BTII group was 16.16 minutes lower ² [8.83 mins to 23.48 mins lower] compared to control	324 patients
Diary]	L OW a,b		(7 RCT) A,B,C,D,F,G,H
Nake after sleep onset	⊕⊕⊕⊜	The mean difference in the BTII group ranged from 8.76 to 8.95 minutes lower ² compared to control	141 patients
Actigraphy]	MODERATE ²		(2 RCT) A,H
Vake after sleep onset	⊕⊕⊜⊝	The mean difference in the BTII group ranged from 7.20 minutes lower to 12.10 minutes higher² compared to control	103 patients
PSG]	L OW a,c		(2 RCT) AD
Remission rate*	⊕⊕⊕⊜	The percentage of patients achieving "remission" in the BTII group was 34% higher¹ [22% lower to 45% higher] compared to control	229 patients
Diary/ISI]	MODERATE ²		(5 RCT) A,C,E,F,H
Responder rate*	⊕⊕⊕⊜	The percentage of patients considered "responders" in the BTII group ranged from 21% to 26% higher¹ compared to control	57 patients
Diary/ISI]	MODERATE ²		(2 RCT) ^{E,G}
Beliefs and attitudes about sleep	⊕⊕⊜⊝	The mean difference in the BTII group was 0.22 points lower ² [0.66 points lower to 0.22 points higher] compared to control	79 patients
DBAS]	L OW a,b		(1 RCT) ^B
nsomnia severity	⊕⊕⊜⊝	The mean difference in the BTII group was 0.81 point lower¹ [0.18 to 1.43 points lower] compared to control	167 patients
SI]	L OW a,b		(4 RCT) B,D,E,I
Number of awakenings	⊕⊕⊕⊜	The mean difference in the BTII group ranged from 0.22 to 0.50 fewer awakenings compared to control	47 patients
Diary]	MODERATE ²		(2 RCT) F,I
Sleep efficiency	⊕⊕⊕⊜	The mean difference in the BTII group was 5.05% higher ² [4.26% to 5.84% higher] compared to control	304 patients
Diary]	MODERATE Þ		(7 RCT) A,B,C,D,F,G,H
ileep efficiency	⊕⊕⊕⊜	The mean difference in the BTII group I ranged from 3.81% lower to 2.83% higher compared to control	141 patients
Actigraphy]	MODERATE ²		(2 RCT) A.H
Bleep efficiency	⊕⊕⊜⊝	The mean difference in the BTII group ranged from 4.60% lower ² to 0.70% higher compared to control	103 patients
PSG]	L OW a,c		(2 RCT) AD
otal sleep time	⊕⊕⊕⊜	The mean difference in the BTII group was 23.89 minutes lower ² [9.89 mins to 37.88 mins lower] compared to control	296 patients
Diary]	MODERATE ²		(6 RCT) A,B,C,F,H,I
otal sleep time	⊕⊕⊕⊜	The mean difference in the BTII ranged from 3.96 minutes to 32.28 minutes lower ² compared to control	141 patients
Actigraphy]	MODERATE ²		(2 RCT) AH
otal sleep time	⊕⊕⊕⊜	The mean difference in the BTII group ranged from 8.49 minutes to 34.10 minutes lower² compared to control	103 patients
PSG]	MODERATE ^a		(2 RCT) A,D

^{*} Critical Outcome

a 95% CI crosses clinical significance threshold and/or <200 participants b. Risk of bias [no patient blinding, allocation concealment]

^{c.} Inconsistent results

¹ Meets the clinical significance threshold

² Does not meet the clinical significance threshold

Stimulus Control

Quality of sleep

Table S44. Diary-determined quality of sleep, post treatment differences, stimulus control vs. control

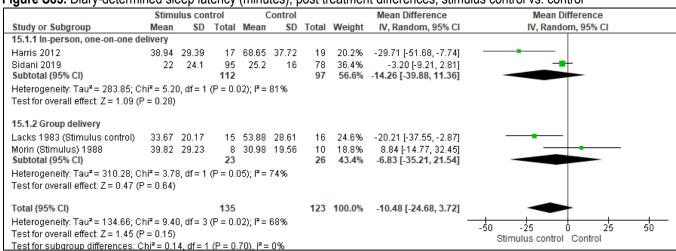
Study	Delivery	Stimulus Control				Control	Std. Mean Difference,	
	method	Mean	SD	Total	Mean	SD	Total	[95% CI]
Sidani 2019	In-person,	3.02	0.55	95	2.94	0.50	78	-0.15[-0.15, 0.45]
	one-on-one							
	delivery							

Table S45. PSQI-determined quality of sleep, post treatment differences, stimulus control vs. control

Study	Delivery	Stimulus Control				Control	Std. Mean Difference,	
	method	Mean	SD	Total	Mean	SD	Total	[95% CI]
Harris 2012	In-person,	8.73	2.71	17	11.11	2.72	19	-0.86 [-1.54, -0.17]
	one-on-one							
	delivery							

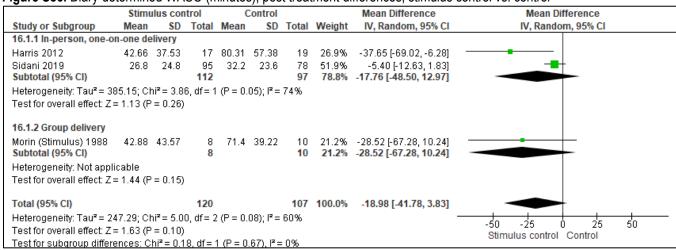
Sleep latency

Figure S85. Diary-determined sleep latency (minutes), post treatment differences, stimulus control vs. control



Wake after sleep onset

Figure S86. Diary-determined WASO (minutes), post treatment differences, stimulus control vs. control



Wake after sleep onset

Table S46. Actigraphy-determined WASO (minutes), post treatment differences, stimulus control vs. control

Study	Delivery	Stimulus Control				Control	Mean Difference, [95% CI]	
	method	Mean	SD	Total	Mean	SD	Total	
Harris 2012	In-person,	92.47	44	17	100.19	46.49	19	-7.72 [-37.29, 21.85]
	one-on-one							
	delivery							

Remission rate

Table S47, ISI/Diary determined remission rate, post treatment differences, stimulus control vs. control

Study	Delivery method	Stimulus (lus Control Control		Risk Difference [95% CI]	
		Events	Total	Events	Total	
Sidani 2019	In-person, delivery	31	95	11	78	0.19 [0.06, 0.31]

Insomnia severity

Table S48. ISI-determined insomnia severity, post treatment differences, stimulus control vs. control

Study	Delivery	Stimulus Control				Control	Std. Mean Difference,	
	method	Mean	SD	Total	Mean	SD	Total	[95% CI]
Sidani 2019	In-person,	10.33	4.71	95	13.04	4.76	78	-0.57[-0.88, -0.26]
	one-on-one							
	delivery							

Number of nighttime awakenings

Table S49. Diary-determined number of awakenings (no./nights), post treatment differences, stimulus control vs. control

Study	Delivery		Stimulus Control Control				Mean Difference, [95% CI]	
	method	Mean	SD	Total	Mean	SD	Total	
Morin 1988	Group delivery	1.92	1.13	8	2.61	1.07	10	-0.69 [-1.72, 0.34]
Sidani 2019	In-person delivery	1.3	1.0	95	2.0	2.4	78	-0.70 [-1.27, -0.13]

Sleep efficiency

Table \$50. Diary-determined total sleep efficiency (%), post treatment differences, stimulus control vs. control

Study	Delivery	Stimulus Control				Control	Mean Difference, [95% CI]	
	method	Mean	SD	Total	Mean	SD	Total	
Harris 2012	In-person, one-on-one delivery	81.57	7.34	17	68.24	14.14	19	13.33 [6.08, 20.58]
Sidani 2019	In-person, one-on-one delivery	84.01	12.55	95	80.93	7.69	78	3.08 [0.03, 6.13]

Table S51, Actigraphy-determined total sleep efficiency (%), post treatment differences, stimulus control vs. control

Table 031.	Actigraphy-uc	terrinica t	otal siccp c	incicity (70)	, post treatment differences, stimulus control vs. control			
Study	Delivery		Stimulus Cont	trol	Control			Mean Difference, [95% CI]
	method	Mean	SD	Total	Mean	SD	Total	
Harris 2012	In-person,	75.61	9.82	17	71.92	11.91	19	3.69 [-3.41, 10.79]
	one-on-one							
	delivery							

Total sleep time

Figure S87. Diary-determined total sleep time (minutes), post treatment differences, stimulus control vs. control

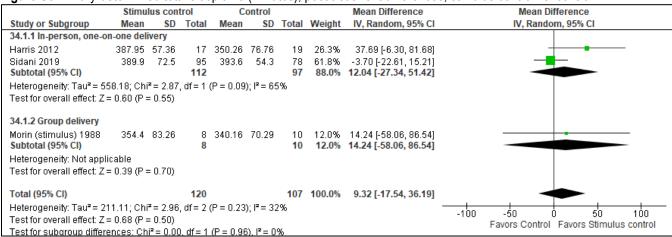


Table S52. Actigraphy-determined total sleep time (minutes), post treatment differences, stimulus control vs. control

Study	Delivery	Stimulus Control				Control	Mean Difference, [95% CI]	
	method	Mean	SD	Total	Mean	SD	Total	
Harris 2012	In-person,	365.12	65.98	17	368.5	72.74	19	-3.38 [-48.70, 41.94]
	one-on-one							
	delivery							

Table S53. Summary of findings table for stimulus control for the psychological and behavioral treatment of insomnia in adults

References: Harris 2012 (A); Lacks 1983 (B); Morin 1988 (C); Sidani 2019 (D)

Outcomes [Tool]	Quality of the evidence	Absolute Difference	No of Participants (studies)		
	(GRADE)	Stimulus control vs Control			
Quality of sleep	⊕⊕⊜⊝	The standardized mean difference in the Stimulus control group was 0.15 points lower ² [0.15 points lower to 0.45 points higher] compared to control	173 patients		
[Diary]	L OW a,b		(1 RCT) ^D		
Quality of sleep PSQI]	The standardized mean difference in the Stimulus control group was 0.86 points LOW a.b lower¹ [0.17 points lower to 1.54 points lower] compared to control				
Sleep latency*	⊕⊕⊜⊝	The mean difference in the Stimulus control group was 14.4 minutes lower ² [35.22 mins lower to 6.41 mins higher] compared to control	258 patients		
Diary]	LOW a,b		(4 RCT) A,B,C,D		
Wake after sleep onset*	⊕⊕⊜⊝	The mean difference in the Stimulus control group ranged was 18.98 minutes lower ² [41.78mins lower to 3.83 mins higher] compared to control	237 patients		
[Diary]	LOW a,b		(3 RCT) A,C,D		
Wake after sleep onset	⊕⊕⊜⊝	The mean difference in the Stimulus control group was 7.72 minutes lower ² [37.29 mins lower to 21.85 mins higher] compared to control	36 patients		
[Actigraphy]	LOW a,b		(1 RCT) ^A		
Remission rate*	⊕⊜⊜	The percentage of patients achieving "remission" in the Stimulus control group was 19% higher¹ [6% to 31% higher¹ compared to control	173 patients		
[ISI]	MODERATE®		(1 RCT) ^D		
Insomnia severity	⊕⊕⊜⊝	The standardized mean difference in the Stimulus control group was 0.57 points lower ¹ [0.88 to 0.26 points lower] compared to control	173 patients		
[ISI]	LOW a,b		(1 RCT) ^D		
Number of awakenings	⊕⊕⊜⊝	The mean difference in the Stimulus control group ranged from 0.69 to 0.70 lower¹ number of awakenings compared to control	181 patients		
[Diary]	LOW a,b		(2 RCT) ^{C,D}		
Sleep efficiency	⊕⊕⊜⊝	The mean difference in the Stimulus control group was 7.65% higher¹ [2.33% lower to 17.64% higher] compared to control	209 patients		
[Diary]	LOW a,b		(2 RCT) A,D		
Sleep efficiency	⊕⊕⊜⊝	The mean difference in the Stimulus control group was 3.69% higher ² [3.41% lower to 10.79% higher] compared to control	36 patients		
[Actigraphy]	LOW a,b		(1 RCT) ^A		
Total sleep time [Dairy]	The mean difference in the Stimulus control group was 9.32 minutes higher ² VERY LOW a.b.c [17.54minutes lower to 36.19 minutes higher] compared to control				
Total sleep time	⊕⊕⊜⊝	The mean difference in the Stimulus control group was 3.38 minutes lower ² [48.70 mins lower to 41.94 mins higher] compared to control	36 patients		
[Actigraphy]	LOW a,b		(1 RCT) ^A		

^{*} Critical Outcome

a 95% CI crosses clinical significance threshold and/or <200 participants b Risk of bias [no patient blinding, allocation concealment]

C Double imprecision

Meets the clinical significance threshold

Does not meet the clinical significance threshold

Sleep Restriction

Quality of sleep

Figure S88. Dairy-determined quality of sleep, post treatment differences, sleep restriction therapy vs. control

	Sleep	restric	tion	C	ontrol		!	Std. Mean Difference	Std. Mean Difference
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Random, 95% CI	IV, Random, 95% CI
23.2.1 In-person, one	-on-one d	lelivery	1						
Drake 2019	3.53	0.63	50	3.12	0.64	50	33.3%	0.64 [0.24, 1.04]	-
Sidani 2019	3.01	0.58	82	2.94	0.5	78	37.9%	0.13 [-0.18, 0.44]	+
Subtotal (95% CI)			132			128	71.2%	0.37 [-0.13, 0.87]	◆
Heterogeneity: Tau ² =	0.10; Chi	r = 3.90), df = 1	(P = 0.0)5); l² =	74%			
Test for overall effect:	Z = 1.44 (P = 0.1	5)						
23.2.2 Video delivery									
Riedel 1995 (group)	5.8	1.55	50	4.5	1.7	25	28.8%	0.80 [0.31, 1.30]	-
Subtotal (95% CI)			50			25	28.8%	0.80 [0.31, 1.30]	◆
Heterogeneity: Not ap	plicable								
Test for overall effect:	Z = 3.16 (P = 0.0	02)						
Total (95% CI)			182			153	100.0%	0.49 [0.07, 0.92]	◆
Heterogeneity: Tau ² =	0.10; Chi	= 6.83	, df = 2	(P = 0.0)	(3); I ^z =	71%		_	
Test for overall effect:	Z = 2.28 (P = 0.00	2)						-4 -2 U 2 4 Favours Control Favours Sleep restriction
Test for subgroup diffe	erences:	Chi² = 1	.46. df	= 1 (P =	0.23).	I ² = 31	.6%		ravours Control Pavours Steep restriction

^{*}Pooled data video and group for Riedel 1995

Sleep latency: Diary

Figure S89. Diary-determined sleep latency (minutes), post treatment differences, sleep restriction therapy vs. control

	Sleep	restric	tion	(Control			Mean Difference	Mean Difference
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Random, 95% CI	IV, Random, 95% CI
23.1.1 In-person, one-on-	one deliv	very							
Drake 2019	18.35	10.43	50	25.3	18.31	50	36.9%	-6.95 [-12.79, -1.11]	
Friedman 2000	18.46	17.07	28	23.6	22.2	11	5.9%	-5.14 [-19.70, 9.42]	
Sidani 2019	19.9	16.9	82	25.2	16	78			
Subtotal (95% CI)			160			139	91.3%	-5.96 [-9.67, -2.24]	•
Heterogeneity: Tau ² = 0.00	0; Chi²=	0.19, df:	= 2 (P =	0.91);1	$l^2 = 0\%$				
Test for overall effect: Z = 3	3.14 (P =	0.002)							
23.1.2 Group delivery									
Riedel 1995 (group)	27.4	20.7	25	42.7	33.5	25	5.3%	-15.30 [-30.74, 0.14]	
Subtotal (95% CI)			25			25	5.3%	-15.30 [-30.74, 0.14]	
Heterogeneity: Not applica	able								
Test for overall effect: Z = 1	1.94 (P =	0.05)							
23.1.3 Video delivery									
Riedel 1995 (video only)	37.8	36.2	25	42.7	33.5	25	3.4%	-4.90 [-24.23, 14.43]	
Subtotal (95% CI)			25			25	3.4%	-4.90 [-24.23, 14.43]	
Heterogeneity: Not applica	able								
Test for overall effect: $Z = 0$	0.50 (P =	0.62)							
Total (95% CI)			210			189	100.0%	-6.42 [-9.96, -2.87]	•
Heterogeneity: Tau ² = 0.00); Chi²=	1.54, df	= 4 (P =	0.82);1	l² = 0%				-20 -10 0 10 20
Test for overall effect: Z = 3	3.54 (P =	0.0004))						-20 -10 0 10 20 Favours sleep restriction Favours control
Test for subgroup differen	ces: Chi	²= 1.35,	df = 2	P = 0.5	1), $I^2 = 0$	%			ravours sieep resulction Pavours Control

^{*}Riedel 1995 (group and video) uses same control data

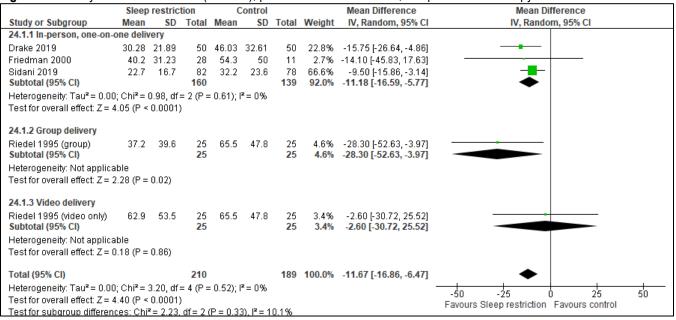
Sleep latency: PSG

Table S54. PSG-determined sleep latency (minutes), post treatment differences, sleep restriction therapy vs. control

Study	Delivery		Sleep Restrict	ion		Control		Mean Difference, [95% CI]
	method	Mean	SD	Total	Mean	SD	Total	
Friedman 2000	In-person, one-on-one delivery	9.69	13.88	15	11.6	10.9	4	-1.91[-14.69, 10.87]

Wake after sleep onset: Diary

Figure S90. Diary-determined WASO (minutes), post treatment differences, sleep restriction therapy vs. control



^{*}Riedel 1995 (group and video) uses same control data

Wake after sleep onset: Actigraphy

Table S55. Actigraphy-determined WASO (minutes), post treatment differences, sleep restriction therapy vs. control

Study	Delivery		Sleep Restrict	ion		Control		Mean Difference, [95% CI]
	method	Mean	SD	Total	Mean	SD	Total	
Friedman 2000	In-person, one-on-one delivery	29.01	23.34	27	27.6	39	10	1.41[-24.32, 27.14]

Table S56. PSG-determined WASO (minutes), post treatment differences, sleep restriction therapy vs. control

Study	Delivery		Sleep Restrict	ion		Control	Mean Difference, [95% CI]	
	method	Mean	SD	Total	Mean	SD	Total	
Friedman	In-person,	42.6	20.14	15	29	17.7	4	13.60[-6.52, 33.72]
2000	one-on-one							
	delivery							

Remission rate

Table S57, ISI/Diary-determined remission rate, post treatment differences, sleep restriction therapy vs. control

Study	Delivery method	Sleep Restriction		Cor	itrol	Risk Difference [95% CI]
	-	Events	Total	Events	Total	
Drake 2019	In-person, one-on- one, delivery	28	49	16	48	0.24[0.05, 0.43]
Sidani 2019	In-person, one-on- one, delivery	22	82	11	78	0.13[0.00,0.26]

Insomnia severity

Table S58 ISI-determined insomnia severity, post treatment differences, sleep restriction therapy vs. control

Study	Delivery		Sleep Restrict	ion		Control	Std. Mean Difference,	
	method	Mean	SD	Total	Mean	SD	Total	[95% CI]
Drake 2019	In-person, one-on-one delivery	8.64	4.18	50	14.24	4.49	50	-1.28[-1.71, -0.85]
Sidani 2019	In-person, one-on-one delivery	10.05	4.51	82	13.07	4.76	78	-0.65[-0.97, -0.33]

Number of nighttime awakenings

Table S59. Diary-determined number of awakenings, post treatment differences, sleep restriction therapy vs. control

Study	Delivery		Sleep Restrict	ion		Control	Mean Difference, [95% CI]	
	method	Mean	SD	Total	Mean	SD	Total	
Sidani 2019	In-person,	1.4	1.2	82	2	2.4	78	-0.60[-1.19, -0.01]
	one-on-one							
	delivery							

Sleep efficiency

Figure S91. Diary-determined sleep efficiency (%), post treatment differences, sleep restriction therapy vs. control

	Sleep	restrict	tion	(Control			Mean Difference	Mean Difference
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Random, 95% CI	IV, Random, 95% CI
49.1.1 In-person, one	-on-one	delivery							
Drake 2019	83	13	50	76	14	50	21.4%	7.00 [1.70, 12.30]	
Friedman 2000	81.29	11.72	28	76.2	9.7	11	12.2%	5.09 [-2.10, 12.28]	
Sidani 2019 Subtotal (95% CI)	85.04	7.89	82 160	84.01	12.55	95 156	53.3% 86.9 %	1.03 [-2.02, 4.08] 3.75 [-0.33, 7.84]	
Heterogeneity: Tau² =	6.73; Ch	i ^z = 4.10	, df = 2	(P = 0.1)	3); I² =	51%			
Test for overall effect:	Z=1.80	(P = 0.07)	7)						
49.1.2 Group delivery									
Riedel 1995 (group) Subtotal (95% CI)	74.9	18.8	25 25	69.8	18	25 25	6.3% 6.3 %	5.10 [-5.10, 15.30] 5.10 [-5.10, 15.30]	•
Heterogeneity: Not ap	plicable								
Test for overall effect:	Z = 0.98	(P = 0.33)	3)						
49.1.3 Video delivery									
Riedel 1995 (video)	71.3	17.2	25	69.8	18	25	6.8%	1.50 [-8.26, 11.26]	-
Subtotal (95% CI)			25			25	6.8%	1.50 [-8.26, 11.26]	
Heterogeneity: Not ap									
Test for overall effect:	Z = 0.30	(P = 0.76)	6)						
Total (95% CI)			210			206	100.0%	3.09 [0.50, 5.68]	•
Heterogeneity: Tau² =	0.86; Ch	ii ² = 4.36	, df = 4	(P = 0.3)	36); l²=	8%		_	-10 -5 0 5 10
Test for overall effect:		•							Favours Control Favours Sleep restriction
Test for subgroup diffe	erences:	$Chi^2 = 0$.27, df	= 2 (P =	0.88), F	² = 0%			

^{*}Riedel 1995 (group and video) uses same control data

Table S60. Actigraphy-determined sleep efficiency (%), post treatment differences, sleep restriction therapy vs. control

Study	Delivery		Sleep Restrict	ion		Control	Mean Difference, [95% CI]	
	method	Mean	SD	Total	Mean	SD	Total	
Friedman 2000	In-person, one-on-one delivery	89.51	5.86	27	89.4	6.6	10	0.11 [-4.24, 4.76]

Table S61. PSG-determined sleep efficiency (%), post treatment differences, sleep restriction therapy vs. control

Study	Delivery		Sleep Restrict	ion		Control	Mean Difference, [95% CI]	
	method	Mean	SD	Total	Mean	SD	Total	
Friedman 2000	In-person, one-on-one delivery	84.49	7.59	15	90.1	4	3	-5.61 [-11.55, 0.33]

Total sleep time

Figure S92. Diary-determined total sleep time (minutes), post treatment differences, sleep restriction therapy vs. control

	Sleep	restrict	ion	C	ontrol			Mean Difference	Mean Difference
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Random, 95% CI	IV, Random, 95% CI
50.1.1 In-person, one-o	n-one de	elivery							
Drake 2019	353	74	50	361	66	50	18.4%	-8.00 [-35.48, 19.48]	
Friedman 2000	340.57	57.59	28	358.9	37.8	11	14.6%	-18.33 [-49.22, 12.56]	
Sidani 2019 Subtotal (95% CI)	368.8	46.1	82 160	393.6	54.3	78 139	56.7% 89.7%	-24.80 [-40.45, -9.15] - 20.31 [-32.75, -7.86]	-
Heterogeneity: Tau ^z = 0.	00; Chi²	= 1.10,	df = 2 (P = 0.58	$3); \mathbf{r} = 1$	0%			
Test for overall effect: Z	= 3.20 (F	P = 0.00	1)						
50.1.2 Group delivery									
Riedel 1995 (group) Subtotal (95% CI)	277	85.7	25 25	334.3	98.7	25 25		-57.30 [-108.54, -6.06] - 57.30 [-108.54, -6.06]	
Heterogeneity: Not appli	icable								
Test for overall effect: Z	= 2.19 (F	P = 0.03))						
50.1.3 Video delivery									
Riedel 1995 (video)	332.2	90.2		334.3	98.7	25	5.1%	-2.10 [-54.51, 50.31]	
Subtotal (95% CI)			25			25	5.1%	-2.10 [-54.51, 50.31]	
Heterogeneity: Not appli	icable								
Test for overall effect: Z:	= 0.08 (F	P = 0.94))						
Total (95% CI)			210			189	100.0%	-21.34 [-33.13, -9.56]	*
Heterogeneity: Tau² = 0.	00; Chi²	= 3.54,	df = 4 (P = 0.47	?); ² =	0%			-100 -50 0 50 100
Test for overall effect: Z :	,								Favours Control Favours Sleep restriction
<u>Test for subgroup differe</u>	ences: C	$hi^2 = 2.4$	44, df=	2(P = 0)).30), P	r = 17.9	1%		. arears common in arears croop recurrence

^{*}Riedel 1995 (group and video) uses same control data

Table S62. Actigraphy-determined total sleep time (minutes), post treatment differences, sleep restriction therapy vs. control

Study	Delivery	Sleep Restriction				Control	Mean Difference, [95% CI]	
	method	Mean	SD	Total	Mean	SD	Total	
Friedman 2000	In-person, one-on-one delivery	381.94	27.82	27	422.2	55.4	10	-40.26 [-76.16, -4.36]

Table S63. PSG-determined total sleep time (minutes), post treatment differences, sleep restriction therapy vs. control

Study	Delivery	Sleep Restriction				Control	Mean Difference, [95% CI]	
	method	Mean	SD	Total	Mean	SD	Total	
Friedman 2000	In-person, one-on-one delivery	339.99	38.95	15	383.9	43,91	4	-43.91[-90.52, 2.70]

Table S64. Summary of findings table for sleep restriction for the psychological and behavioral treatment of insomnia in adults

References: Riedel 1995 (A); Friedman 2000 (B); Epstein 2012 (C); Drake 2019 (D); Sidani 2019 (E)

Outcomes [Tool]	Quality of the evidence (GRADE)	Absolute Difference SR vs Control	No of Participants (studies)
Quality of sleep*	⊕⊕⊜⊝		335 patients
[Diary]	LOW a,b		(3 RCT) A,D,E
Sleep latency*	⊕⊕⊕⊝	The mean difference in the Sleep restriction group was 6.42 minutes lower ² [2.87 mins to 9.96 mins lower] compared to control	374 patients
[Diary]	MODERATE Þ		(4 RCT) A,B,D,E
Sleep latency	⊕⊕⊜⊝	The mean difference in the Sleep restriction group was 1.91 minutes lower ² [14.69 mins lower to 10.87 mins higher] compared to control	19 patients
PSG]	L OW a,b		(1RCT) ^B
Wake after sleep onset*	⊕⊕⊕⊜	The mean difference in the Sleep restriction group was 11.67 minutes lower ¹ [6.47 mins to 16.86 mins lower] compared to control	374 patients
Diary]	MODERATE Þ		(4 RCT) A,B,D,E
Wake after sleep onset	⊕⊕⊜⊝	The mean difference in the Sleep restriction group was 1.41 minutes higher ² [24.32 mins lower to 27.14 mins higher] compared to control	37 patients
[Actigraphy]	L OW a,b		(1 RCT) ^B
Wake after sleep onset	⊕⊕⊜⊝	The mean difference in the Sleep restriction group was 13.6 minutes higher ² [6.52 mins lower to 33.72 mins higher] compared to control	19 patients
[PSG]	LOW a,b		(1 RCT) ^B
Remission rate*	⊕⊕⊜⊝	The percentage of patients achieving "remission" in the Sleep restriction group ranged from 16% higher¹ [6% to 26% higher] compared to control	257 patients
[ISI]	LOW a,b		(2 RCT) D,E
Responder rate*	⊕⊕⊜⊝	The percentage of patients considered "responders" in the Sleep restriction group ranged from 35% higher [14% to 55% higher] compared to control	73 patients
[ISI]	LOW a,b		(1 RCT) ^c
Insomnia severity	⊕⊕⊜⊝	The mean difference in the Sleep restriction group was 0.95 points lower¹ [0.33 to 1.57 points lower¹ compared to control	260 patients
[ISI]	LOW a,b		(2 RCT) D,E
Number of awakenings	⊕⊕⊜⊝	The mean difference in the Sleep restriction group was 0.60 fewer awakenings¹ [1.19 to 0.01 fewer no.of awakenings] compared to control	160 patients
[Diary]	L OW a,c		(1 RCT) ^E
Sleep efficiency	⊕⊕⊜⊝	The mean difference in the Sleep restriction group was 3.09% higher ² [0.50% lower to 5.68% higher] compared to control	416 patients
Diary]	LOW a,b		(4 RCT) A,B,D,E
Sleep efficiency	⊕⊕⊜⊝	The mean difference in the Sleep restriction group was 0.11% higher ² 4.54% lower to 4.76% higher] compared to control	37 patients
[Actigraphy]	LOW a,b		(1 RCT) ^B
Sleep efficiency	⊕⊕⊜⊝	The mean difference in the Sleep restriction group was 5.61% lower ² [11.55% lower to 0.33% higher] compared to control	19 patients
PSG]	L OW a,b		(1 RCT) ^B
Total sleep time	⊕⊕⊜⊝	The mean difference in the Sleep restriction group was 21.34 minutes lower ² [33.13 mins to 9.56 mins lower] compared to control	374 patients
[Diary]	L OW a,b		(4 RCT) A,B,D,E
Total sleep time	⊕⊕⊜⊜	The mean difference in the Sleep restriction group was 40.26 minutes lower ² [4.36 mins to 76.16 mins lower] compared to control	37 patients
[Actigraphy]	LOW a,b		(1 RCT) ^B
Total sleep time	⊕⊕⊜⊝	The mean difference in the Sleep restriction group was 43.91 minutes lower ² [90.52 mins lower to 2.7 mins higher] compared to control	19 patients
[PSG]	L OW a,b		(1 RCT) ^B

^{*} Critical Outcome

a 95% CI crosses clinical significance threshold and/or <200 participants
 b Risk of bias [no patient blinding, allocation concealment, missing data]
 1 Meets the clinical significance threshold
 2 Does not meet the clinical significance threshold

Relaxation Therapy

Quality of sleep

Table S65. Diary-determined quality of sleep, post treatment differences, relaxation therapy vs. control

Study	Delivery	F	Relaxation Therapy			Control	Std. Mean Difference,	
	method	Mean	SD	Total	Mean	SD	Total	[95% CI]
Means 2000	In-person delivery	3.4	0.4	28	3	0.4	29	0.99 [0.43, 1.54]
Creti 2005	Audio delivery	3.31	0.68	14	3.32	0.65	13	-0.01 [-0.77, 0.74]

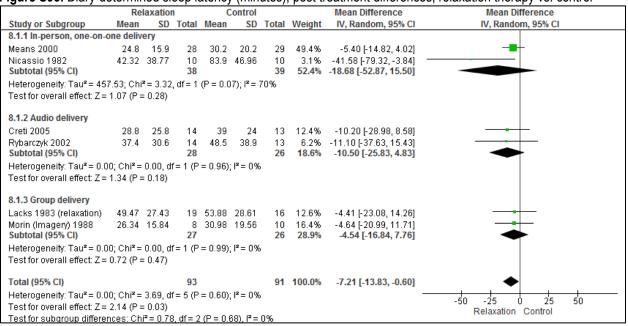
Quality of sleep (PSQI)

Table S66. PSQI-determined quality of sleep, post treatment differences, relaxation therapy vs. control

Study	Delivery	Relaxation Therapy				Control	Std. Mean Difference,	
	method	Mean	SD	Total	Mean	SD	Total	[95% CI]
Rybarczyk 2002	Audio delivery	7.5	3.6	14	10.7	2.8	13	-0.96 [-1.76, -0.15

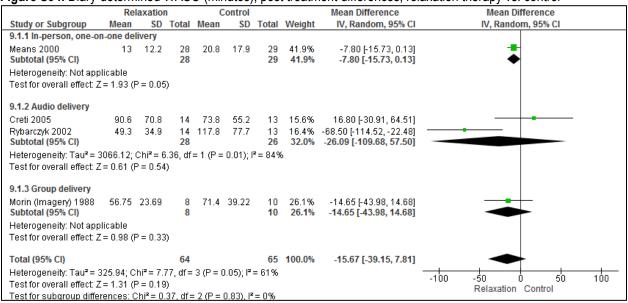
Sleep latency

Figure S93. Diary-determined sleep latency (minutes), post treatment differences, relaxation therapy vs. control



Wake after sleep onset

Figure S94. Diary-determined WASO (minutes), post treatment differences, relaxation therapy vs. control



Wake after sleep onset (Act)

Table S67. Actigraphy-determined WASO (minutes), post treatment differences, relaxation therapy vs. control

Study	Delivery	Relaxation Therapy				Control	Mean Difference, [95% CI]	
	method	Mean	SD	Total	Mean	SD	Total	
Rybarczyk20 02	Audio delivery	77.1	41.5	14	102.1	57.1	13	-25.0 [-62.89, 12.89]

Responder rate

Figure S95. Diary-determined responder rate (%), post treatment differences, relaxation therapy vs. control

	Relaxation the	гару	Contr	rol		Risk Difference		Risk Difference	
Study or Subgroup	Events	Total	Events	Total	Weight	M-H, Random, 95% CI		M-H, Random, 95% CI	
13.1.1 In-person, one-on-o	one delivery								
Edinger 2001	3	25	2	25	35.6%	0.04 [-0.13, 0.21]		-	
Espie 1989 (J Behavior) Subtotal (95% CI)	1	14 39	1	13 38	33.7% 69.2%	-0.01 [-0.20, 0.19] 0.02 [-0.11, 0.15]			
Total events	4		3						
Heterogeneity: Tau ² = 0.00	; Chi² = 0.12, df=	= 1 (P =	0.73); 2:	= 0%					
Test for overall effect: Z = 0	0.33 (P = 0.74)								
13.1.2 Audio delivery									
Rybarczyk 2002 Subtotal (95% CI)	8	17 17	0	16 16	30.8% 30.8%	0.47 [0.23, 0.71] 0.47 [0.23, 0.71]			
Total events	8	17	Ω	10	30.0%	0.47 [0.23, 0.71]			
rotal events Heterogeneity: Not applica			U						
Test for overall effect: Z = 3									
Total (95% CI)		56		54	100.0%	0.16 [-0.11, 0.43]			
Total events	12		3						
Heterogeneity: Tau ² = 0.05	; Chi² = 10.86, di	= 2 (P	= 0.004);	I ² = 82	%		-1 -	0.5 0 0.5	
Test for overall effect: Z = 1	.14 (P = 0.25)							ours Control Favours RT	
Test for subgroup different	ces: Chi ² = 10.23	l, df = 1	(P = 0.00)	$(1), 1^2 =$	90.2%		T av	Tavouis IXI	

Beliefs and attitudes about sleep

 Table S68. Dysfunctional Beliefs and Attitudes about Sleep (DBAS)-determined beliefs and attitudes about sleep, post

treatment differences, relaxation therapy vs. control

Study	Delivery	F	Relaxation Therapy			Control	Std. Mean Difference,	
-	method	Mean	SD	Total	Mean	SD	Total	[95% CI]
Rybarczyk20 02	Audio delivery	18.5	7.9	14	27.2	8.8	13	-1.01 [-1.82, -0.20]
Means 2000	In-person, one-on-one	4.4	1	28	4.7	1.1	29	-0.28[-0.80, 0.24]

Nights using hypnotics

Table S69. Diary-determined nights using hypnotics (nights/week), post treatment differences, relaxation therapy vs. control

Study	Delivery	Relaxation Therapy				Control	Mean Difference, [95% CI]	
	method	Mean	SD	Total	Mean	SD	Total	
Rybarczyk20 02	Audio delivery	0.9	1.9	14	2.3	3.1	12	-1.40 [-3.42, 0.62]

Number of awakenings

Table S70. Diary-determined number of awakenings (no./night), post treatment differences, relaxation therapy vs. control

Study	Delivery	Relaxation Therapy				Control	Mean Difference, [95% CI]	
	method	Mean SD Total		Mean	SD	Total		
Morin (Imagery) 1988	Group delivery	2.46	1.24	8	2.61	1.07	10	-0.15 [-1.24, 0.94]

Sleep efficiency

Figure S96. Diary-determined sleep efficiency (%), post treatment differences, relaxation therapy vs. control

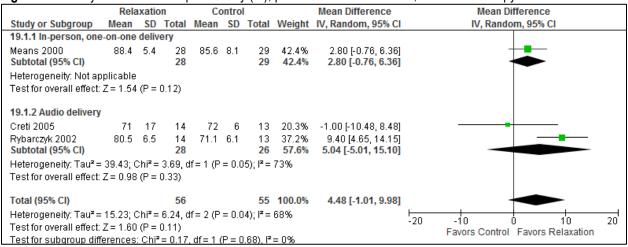


Table S71. Actigraphy-determined sleep efficiency (%), post treatment differences, relaxation therapy vs. control

Study	Delivery	F	Relaxation Thei	rapy		Control		Mean Difference, [95% CI]
	method	Mean	SD	Total	Mean	SD	Total	
Rybarczyk20 02	Audio delivery	77.4	12.8	14	76.8	8.6	13	0.60 [-7.57, 8.77]

Total sleep time

Figure S97. Diary-determined total sleep time (minutes) post treatment differences, relaxation therapy vs. control

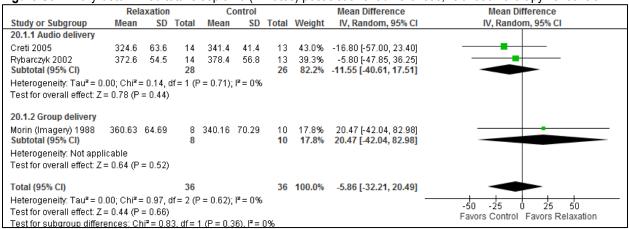


Table S72. Actigraphy-determined total sleep time (minutes), post treatment differences, relaxation therapy vs. control

Study	Delivery	Relaxation Therapy				Control	Mean Difference, [95% CI]	
	method	Mean	SD	Total	Mean	SD	Total	
Rybarczyk 2002	Audio delivery	439.8	109.1	14	466.5	67	13	-27.50 [-95.27, 40.27]

Table S73. Summary of findings table for relaxation therapy for the treatment of psychological and behavioral insomnia in adults

References: Means 2000 (A); Creti 2005 (B); Rybarczyk 2002 (C); Nicassio 1982 (D); Lacks 1983 (E); Morin 1988 (F); Edinger 2001 (G); Espie 1989 (H)

Outcomes [Tool]	Quality of the evidence	Absolute Difference	No of Participants (studies)
	(GRADE)	RT vs Control	
Quality of sleep*	⊕⊜⊜⊝	The standardized mean difference in the RT group was 0.52 points higher¹ [0.46 points lower to 1.50 points higher] compared to control	84 patients
[Diary]	VERY LOW a,b,c		(2 RCT) A, B
Quality of sleep	⊕⊕⊜⊝	The standardized mean difference in the RT group was 0.96 points lower ¹ [0.15 points lower to 1.76 points lower] compared to control	27 patients
[PSQI]	L OW a,c		(1 RCT) ^C
Sleep latency*	⊕⊕⊜⊝	The mean difference in the RT group was 7.21 mins lower ² [0.60 mins to 13.83 mins lower] compared to control	184 patients
[Diary]	L OW a,c		(6 RCT) A,B,C,D,E,F
Wake after sleep onset*	⊕⊕⊜⊝	The mean difference in the RT group was 15.67 mins lower ² [39.15 mins lower to 7.81 mins higher] compared to control	129 patients
[Diary]	L OW a,c		(3 RCT) A,B,C,F
Responder rate*	⊕⊜⊜⊝	The percentage of patients considered "responders" in the RT group was 16% higher¹ [11% lower to 43% higher] compared to control	109 patients
[Diary/ISI]	VERY LOW a,b,c		(3 RCT) C,G,H
Beliefs and attitudes about sleep	⊕⊕⊜⊝	The mean difference in the RT group ranged from 0.28 to 1.01 points lower¹ compared to control	84 patients
[DBAS]	L OW a,c		(2 RCT) ^c
Nights using hypnotics	⊕⊕⊜⊝	The mean difference in the RT group was 1.4 nights per week lower ² [3.42 nights per week lower to 0.62 nights per week higher] compared to control	26 patients
[Diary]	L OW a,c		(1RCT) ^c
Number of awakenings	⊕⊕⊜⊝	The mean difference in the RT group was 0.15 points lower ² [1.24 points lower to 0.94 points higher] compared to control	18 patients
[Diary]	L OW a,c		(1 RCT) ^F
Sleep efficiency	⊕⊕⊜⊝	The mean difference in the RT group was 4.48% higher ² [1.01% lower to 9.98% higher] compared to control	111 patients
[Diary]	L OW a,c		(3 RCT) ^{A,B,C}
Sleep efficiency	⊕⊕⊜⊝	The mean difference in the RT group was 0.6% higher ² [7.57% lower to 8.77% higher] compared to control	27 patients
[Actigraphy]	L OW a,c		(1 RCT) ^C
Total sleep time	⊕⊕⊜⊝	The mean difference in the RT group was 5.86 minutes lower ² [32.21 mins lower to 20.49 mins higher] compared to control	72 patients
[Dairy]	L OW a,c		(3 RCT) ^{B,C,F}
Total sleep time	⊕⊕⊜⊝	The mean difference in the RT group was 27.5 minutes lower ² [95.27 mins lower to 40.27 mins higher] compared to control	27 patients
[Actigraphy]	LOWa,c		(1 RCT) ^c

^{*} Critical Outcome

a. 95% CI crosses clinical significance threshold and/or <200 participants

b Inconsistent subgroup differences
Risk of bias [no patient blinding, allocation concealment]
Meets the clinical significance threshold
Does not meet the clinical significance threshold

Sleep Hygiene

Sleep latency

Table S74. Diary-determined sleep latency (minutes), post treatment differences, sleep hygiene vs. control

Study	Delivery	Sleep hygiene			Control			Mean Difference, [95% CI]
-	method	Mean	SD	Total	Mean	SD	Total	
Edinger 2005	In-person delivery	15.1	11.13	17	15.9	16.8	9	-0.80 [-12.98, 11.38]

Wake after sleep onset

Table \$75. Diary-determined WASO (minutes), post treatment differences, sleep hygiene vs. control

Study	Delivery	Sleep hygiene				Control	Mean Difference, [95% CI]	
-	method	Mean	SD	Total	Mean	SD	Total	
Edinger 2005	In-person delivery	50.5	28.4	17	65.7	31.2	9	-15.20 [-39.65, 9.25]

Wake after sleep onset

Table S76. Actigraphy-determined WASO (minutes), post treatment differences, sleep hygiene vs. control

Study	Delivery	Sleep hygiene				Control	Mean Difference, [95% CI]	
	method	Mean	SD	Total	Mean	SD	Total	
Edinger 2005	In-person delivery	59.6	24.3	17	72.2	39.6	9	-12.60 [-40.93, 15.73]

Responder rate

Table S77. Diary-determined responder rate, post treatment differences, sleep hygiene vs. control

Study	Delivery	Sleep hygiene		С	ontrol	Risk Difference [95% CI]
	method	Events	Total	Events	Total	
Edinger 2005	In-person delivery	2	12	0	8	0.17 [-0.09,0.43]

Sleep efficiency

Table S78. Diary-determined sleep efficiency (%), post treatment differences, sleep hygiene vs. control

Study	Delivery		Sleep hygien	е		Control		Mean Difference, [95% CI]
	method	Mean	SD	Total	Mean	SD	Total	
Edinger 2005	In-person delivery	84.7	7.01	17	83.3	7.2	9	1.40 [-4.36, 7.16]

Table S79. Actigraphy-determined sleep efficiency (%), post treatment differences, sleep hygiene vs. control

Study	Delivery	Sleep hygiene				Control	Mean Difference, [95% CI]	
	method	Mean	SD	Total	Mean	SD	Total	
Edinger 2005	In-person delivery	85.4	5.77	17	82.6	9.3	9	2.80 [-3.87, 9.47]

Total wake time

Table S80. Diary-determined total wake time (minutes), post treatment differences, sleep hygiene vs. control

Study	Delivery	Sleep hygiene				Control	Mean Difference, [95% CI]	
	method	Mean	SD	Total	Mean	SD	Total	
Edinger 2005	In-person delivery	76.4	35.57	17	88.7	45	9	-12.30 [-46.22, 21.62]

Table S81. Actigraphy-determined total wake time (minutes), post treatment differences, sleep hygiene vs. control

Study	Delivery	Sleep hygiene				Control	Mean Difference, [95% CI]	
	method	Mean	SD	Total	Mean	SD	Total	
Edinger 2005	In-person delivery	72	30.92	17	90.3	51	9	-18.30 [-54.72, 18.12]

Total sleep time

Table S82. Diary-determined total sleep time (minutes), post treatment differences, sleep hygiene vs. control.

Study	Delivery	Sleep hygiene				Control	Mean Difference, [95% CI]	
	method	Mean	SD	Total	Mean	SD	Total	
Edinger 2005	In-person delivery	424.8	61.85	17	432.5	54.3	9	-7.70 [-53.78, 38.38]

Table S83. Actigraphy-determined total sleep time (minutes), post treatment differences, sleep hygiene vs. control

Study	Delivery	Sleep hygiene			Control			Mean Difference, [95% CI]
	method	Mean	SD	Total	Mean	SD	Total	
Edinger 2005	In-person delivery	421.6	51.13	17	428.7	78.3	9	-7.10 [-63.74, 49.54]

Table S84. Summary of findings table for sleep hygiene for the psychological and behavioral treatment of insomnia in adults

References: Edinger 2005 (A)

Outcomes [Tool]	Quality of the evidence	Absolute Difference	No of Participants (studies)
	(GRADE)	SH vs Control	
Sleep latency*	⊕⊕⊜⊝	The mean difference in the Sleep hygiene group was 0.8 minutes lower ² [12.98 mins lower to 11.38 mins higher] compared to control	26 patients
[Diary]	LOW a,b		(1 RCT) ^A
Wake after sleep onset*	⊕⊕⊜⊝	The mean difference in the Sleep hygiene group was 15.20 minutes lower ² [39.65 mins lower to 9.25 mins higher] compared to control	26 patients
[Diary]	LOW a,b		(1 RCT) ^A
Wake after sleep onset	⊕⊕⊜⊝	The mean difference in the Sleep hygiene group was 12.60 minutes lower ² [40.93 mins lower to 15.73 mins higher] compared to control	26 patients
[Actigraphy]	LOW a,b		(1 RCT) ^A
Sleep efficiency	⊕⊕⊜⊝	The mean difference in the Sleep hygiene group was 1.4% higher ² [4.36% lower to 7.16% higher] compared to control	26 patients
[Diary]	LOW a,b		(1 RCT) ^A
Sleep efficiency	⊕⊕⊜⊝	The mean difference in the Sleep hygiene group was 2.8% higher ² [3.87% lower to 9.47% higher] compared to control	26 patients
[Actigraphy]	LOW a,b		(1 RCT) ^A
Total wake time	⊕⊕⊜⊝	The mean difference in the Sleep hygiene group was 12.3 minutes lower ² [46.22 mins lower to 21.62 mins higher] compared to control	26 patients
[Dairy]	LOW a,b		(1 RCT) ^A
Total wake time	⊕⊕⊜⊝	The mean difference in the Sleep hygiene group was 18.3 minutes lower ² [54.72 mins lower to 18.12 mins higher] compared to control	26 patients
[Actigraphy]	LOW a,b		(1 RCT) ^A
Total sleep time	⊕⊕⊜⊝	The mean difference in the Sleep hygiene group was 7.7 minutes lower ² [53.78 mins lower to 38.38 mins higher] compared to control	26 patients
[Dairy]	LOW a,b		(1 RCT) ^A
Total sleep time	⊕⊕⊜⊝	The mean difference in the Sleep hygiene group was 7.1 minutes lower ² [63.74 mins lower to 49.54 mins higher] compared to control	26 patients
[Actigraphy]	LOW a,b		(1 RCT) ^A

^{*} Critical Outcome

a 95% Cl crosses clinical significance threshold and/or <200 participants

b Risk of bias [no patient blinding, allocation concealment]

1 Meets the clinical significance threshold

2 Does not meet the clinical significance threshold

Biofeedback

Sleep latency

Table S85. Diary-determined sleep latency (minutes), post treatment differences, biofeedback vs. control

Study	Delivery		Biofeedback			Control	Mean Difference, [95% CI]	
	method	Mean	SD	Total	Mean	SD	Total	
Nicassio 1982	In-person, one-on-one delivery	31.32	12.73	10	83.9	46.96	10	-52.58 [-82.74, -22.42]

Table S86. Summary of findings table for biofeedback for the psychological and behavioral treatment of insomnia in adults

References: Nicassio 1982 (A)

110101010001111000010 1002 (71)			
Outcomes [Tool]	Quality of the evidence (GRADE)	Absolute Difference CBTI vs Control	No of Participants (studies)
Sleep latency * [Diary]	⊕⊕⊜⊝ LOW a,b	The mean difference in the Biofeedback group was 52.58 minutes lower ¹ [22.42 min to 82.74 mins lower] compared to control	20 patients (1 RCT) ^A

^{*} Critical Outcome

a. <200 participants

b. Risk of bias [no patient blinding and selective outcome reporting]

Meets the clinical significance threshold Does not meet the clinical significance threshold

Paradoxical Intention

Sleep latency

Table S87. Diary-determined sleep latency (minutes), post treatment differences, paradoxical intention vs. control

Study	Delivery	Pa	Paradoxical Intention Control				Mean Difference, [95% CI]	
	method	Mean	SD	Total	Mean	SD	Total	
Ascher 1978	In-person, one-on-one delivery	28.63	16.64	8	56.88	34.06	17	-28.25[-48.13, -8.37]
Lacks1983	Group delivery	52.5	21.93	14	53.88	28.61	16	-1.38 [-19.50, 16.74]

^{*}Ascher 1978 (control and waitlist pooled data)

Number of awakenings

Table S88. Diary-determined number of awakenings (no./night), post treatment differences, paradoxical intention vs. control

Study	Delivery	Paradoxical Intention				Control	Mean Difference, [95% CI]	
	method	Mean	SD	Total	Mean	SD	Total	
Ascher 1978	In-person,	0.5	0.54	8	1.25	0.71	9	-0.75[-1.35, -0.15]
	one-on-one							
	delivery							

Table S89. Summary of findings table for paradoxical intention for the psychological and behavioral treatment of insomnia in adults

References: Ascher 1978 (A); Lacks 1983 (B)

Outcomes Quality of the [Tool] evidence (GRADE)		Absolute Difference PI vs Control	No of Participants (studies)
Sleep latency* [Diary]	⊕⊜⊜ VERY LOW a,b,c	The mean difference in the Paradoxical intention group was 18.31 minutes lower ² [40.36 mins lower to 3.74 mins higher] compared to control	55 patients (2 RCT) A,B
Number of awakenings [Diary]	⊕⊕⊜ L OW a,b	The mean difference in the Paradoxical intention group was 0.75 points lower ² [0.15 points to 1.35 points lower] compared to control	17 patients (1 RCT) ^A

^{*} Critical Outcome

a 95% CI crosses clinical significance threshold and/or <200 participants

b. Risk of bias [no patient blinding, allocation concealment]

^c Inconsistency

¹ Meets the clinical significance threshold

² Does not meet the clinical significance threshold

Intensive Sleep Retraining (ISR)

Quality of sleep

Table S90. PSQI-determined sleep quality, post treatment differences, ISR vs. control

Study	Delivery	ISR				Control	Std. Mean Difference,	
	method	Mean	SD	Total	Mean	SD	Total	[95% CI]
Harris 2012	In-person delivery	8.88	3.05	16	11.11	2.72	19	-0.76 [-1.45, -0.07]

Sleep latency

Table S91. Diary-determined sleep latency (minutes), post treatment differences, ISR vs. control

Study	Delivery	ISR				Control		Mean Difference, [95% CI]
	method	Mean	SD	Total	Mean	SD	Total	
Harris 2012	In-person delivery	38.41	16.24	16	68.65	37.72	19	-30.24 [-48.97, -11.51]

Wake after sleep onset

Table \$92. Diary-determined WASO (minutes), post treatment differences, ISR vs. control

Study	Delivery	ISR				Control	Mean Difference, [95% CI]	
	method	Mean	SD	Total	Mean	SD	Total	
Harris 2012	In-person delivery	60.71	59.01	16	80.31	57.38	19	-19.60 [-58.35, 19.15]

Sleep efficiency

Table S93. Diary-determined sleep efficiency (%), post treatment differences, ISR vs. control

Study	Delivery	ISR				Control	Mean Difference, [95% CI]	
	method	Mean	SD	Total	Mean	SD	Total	
Harris 2012	In-person delivery	79.85	8.84	16	68.24	14.14	18	11.61 [3.77, 19.45]

Table S94. Actigraphy-determined sleep efficiency (%), post treatment differences, ISR vs. control

Study	Delivery	ISR				Control	Mean Difference, [95% CI]	
	method	Mean	SD	Total	Mean	SD	Total	
Harris 2012	In-person delivery	76.57	11.91	16	71.92	11.91	18	4.65 [-3.37, 12.67]

Total sleep time

Table S95. Diary-determined total sleep time (minutes), post treatment differences, ISR vs. control

Study	Delivery	ISR				Control	Mean Difference, [95% CI]	
	method	Mean	SD	Total	Mean	SD	Total	
Harris 2012	In-person delivery	403.23	55.37	16	350.26	76.76	18	52.97 [8.32, 97.62]

Table S96. Actigraphy-determined total sleep time (minutes), post treatment differences, ISR vs. control

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Study	Delivery	ISR				Control	Mean Difference, [95% CI]	
	method	Mean	SD	Total	Mean	SD	Total	
Harris 2012	In-person delivery	392.28	62.54	16	368.5	72.74	18	23.78 [-21.70, 69.26]

Table \$97. Summary of findings table for ISR for the psychological and behavioral treatment of insomnia in adults

References: Harris 2012 (A)

Outcomes [Tool]	Quality of the evidence	Absolute Difference	No of Participants (studies)
	(GRADE)	ISR vs Control	
Quality of sleep	⊕⊕⊜⊝	The standardized mean difference in the ISR group was 0.76 points lower¹ [0.07 points to 1.45 points lower] compared to control	35 patients
[PSQI]	LOW a,b		(1 RCT) ^A
Sleep latency *	⊕⊕⊜⊝	The mean difference in the ISR group was 30.24 minutes lower¹ [11.51 min to 48.97 mins lower] compared to control	35 patients
[Diary]	LOW a,b		(1 RCT) ^A
Wake after sleep onset * [Diary]	⊕⊕⊜⊝ L OW a,b	The mean difference in the ISR group was 19.60 minutes lower ² [58.35 mins lower to 19.15 mins higher] compared to control	35 patients (1 RCT) ^A
Sleep efficiency	⊕⊕⊜⊝	The mean difference in the ISR group was 11.61% higher¹ [3.77 to 19.45% higher] compared to control	34 patients
[Diary]	LOW a,b		(1 RCT) ^A
Sleep efficiency	⊕⊕⊜⊝	The mean difference in the ISR group was 4.65% higher ² [3.37% lower to 12.67% higher] compared to control	34 patients
[Actigraphy]	LOW a,b		(1 RCT) ^A
Total sleep time	⊕⊕⊜⊝	The mean difference in the ISR group was 52.97 minutes higher¹ [8.32 to 97.62 mins higher] compared to control	34 patients
[Dairy]	LOW a,b		(1 RCT) ^A
Total sleep time	⊕⊕⊜⊝	The mean difference in the ISR group was 23.78 minutes higher¹ [21.70 mins lower to 69.26 mins higher] compared to control	34 patients
[Actigraphy]	LOW a,b		(1 RCT) ^A

^{*} Critical Outcome

a 95% CI crosses clinical significance threshold and/or <200 participants

b Risk of bias [no patient blinding, allocation concealment]

1 Meets the clinical significance threshold

2 Does not meet the clinical significance threshold

Mindfulness

Quality of sleep

Table \$98. PSQI-determined quality of sleep, post treatment differences, mindfulness vs. control

Study	Delivery	Mindfulness				Control	Std. Mean Difference,	
	method	Mean	SD	Total	Mean	SD	Total	[95% CI]
Zhang 2015	Group delivery	8.17	2.61	30	11.47	3.58	30	-1.04[-1.58, -0.50]

Sleep latency

Table S99. Diary-determined sleep latency (minutes), post treatment differences, mindfulness vs. control

Study	Delivery	Mindfulness				Control	Mean Difference, [95% CI]	
	method	Mean	SD	Total	Mean	SD	Total	
Wong 2017	Group delivery	48.6	30.7	111	52.4	53.5	105	-3.80[-15.52, 7.92]

Wake after sleep onset

Table S100. Diary-determined WASO (minutes), post treatment differences, mindfulness vs. control

Study	Delivery Mindfulness					Control	Mean Difference, [95% CI]	
	method	Mean	SD	Total	Mean	SD	Total	
Wong 2017	Group delivery	57.7	52.6	111	67.7	68.5	105	-10.00[-26.35, 6.35]

Remission rate

Table S101. ISI-determined remission rate (%), post treatment differences, mindfulness vs. control

Study	Delivery method	Mindfulness		Cor	trol	Risk Difference [95% CI]
	-	Events	Total	Events	Total	
Ong 2014	Group delivery	8	19	1	16	0.36[0.11, 0.61]

Insomnia severity

Table \$102, ISI-determined insomnia severity, post treatment differences, mindfulness vs. control

•	Delivery		Mindfulness	;		Control		Std. Mean Difference,
	method	Mean	SD	Total	Mean	SD	Total	[95% CI]
Ong 2014	Group delivery	10.27	4.7	19	15.5	5.5	16	-1.01[-1.72, -0.30]
Wong 2017	In-person, one-on-one	14.1	4	111	14.9	4.7	105	-0.18[-0.45, 0.08]

Sleep efficiency

Table S103. Diary-determined sleep efficiency (%), post treatment differences, mindfulness vs. control

•	Delivery		Mindfulness	3		Control		Mean Difference, [95% CI]
	method	Mean	SD	Total	Mean	SD	Total	
Ong 2014	Group delivery	83.79	8.22	19	80.76	13.6	16	3.03[-4.59, 10.65]
Wong 2017	In-person, one-on-one	68.5	14.1	111	68.4	16.3	105	0.10[-3.97, 4.17]

Table S104. Actigraphy-determined sleep efficiency (%), post treatment differences, mindfulness vs. control

Study	Delivery	Mindfulness				Control	Mean Difference, [95% CI]	
	method	Mean	SD	Total	Mean	SD	Total	
Ong 2014	Group delivery	81.78	8.95	19	83.53	4.88	16	-1.75[-6.43, 2.93]
-								

Table \$105. PSG-determined sleep efficiency (%), post treatment differences, mindfulness vs. control

Study	Delivery	Mindfulness				Control	Mean Difference, [95% CI]	
	method	Mean	SD	Total	Mean	SD	Total	
Ong 2014	Group delivery	83.24	10.71	19	85.19	6.79	16	-1.95[-7.80, 3.90]

Total wake time

Table S106. Diary-determined total wake time (minutes), post treatment differences, mindfulness vs. control

Study	Delivery	Mindfulness				Control	Mean Difference, [95% CI]	
	method	Mean	SD	Total	Mean	SD	Total	
Ong 2014	Group delivery	73.47	34.69	19	85.71	72.08	16	-12.24[-50.85, 26.37]
-								

Table S107. Actigraphy-determined total wake time (minutes), post treatment differences, mindfulness vs. control

Study	Delivery	Mindfulness				Control	Mean Difference, [95% CI]	
	method	Mean	SD	Total	Mean	SD	Total	
Ong 2014	Group delivery	61.46	25.15	19	61.44	22.48	16	0.02[-15.77, 15.81]

Table S108. PSG-determined total wake time (minutes), post treatment differences, mindfulness vs. control

Study	Delivery		Mindfulness	;		Control	Mean Difference, [95% CI]	
	method	Mean	SD	Total	Mean	SD	Total	
Ong 2014	Group delivery	78.01	53.93	19	69.81	30.94	16	8.20[-20.40, 36.80]

Total sleep time

Table \$109. Diary-determined total sleep time (minutes), post treatment differences, mindfulness vs. control

Study	Delivery		Mindfulness	;		Control	Mean Difference, [95% CI]		
	method	Mean	SD	Total	Mean	SD	Total		
Ong 2014	Group delivery	379.31	64.32	19	364.82	83.13	16	14.49[-35.47,64.45]	
Wong 2017	In-person, one-on-one	318.4	66.2	111	317.1	76.6	105	1.30[-17.84, 20.44]	

Table S110. Actigraphy-determined total sleep time (minutes), post treatment differences, mindfulness vs. control

Study	Delivery		Mindfulness	;		Control	Mean Difference, [95% CI]	
	method	Mean	SD	Total	Mean	SD	Total	
Ong 2014	Group delivery	364.85	47.68	19	376.58	63.03	16	-11.73[-49.33, 25.87]

Table S111. PSG-determined total sleep time (minutes), post treatment differences, mindfulness vs. control

Study	Delivery		Mindfulness	;		Control		Mean Difference, [95% CI]
	method	Mean	SD	Total	Mean	SD	Total	
Ong 2014	Group delivery	380.84	52.25	19	403.66	39.94	16	-22.82[-53.40, 7.76]

Table S112. Summary of findings table for mindfulness for the psychological and behavioral treatment of insomnia in adults

References: Zhang 2015 (A); Ong 2014 (B), Wong 2017 (C) **Outcomes** Quality of the Absolute Difference No of Participants [Tool] evidence (studies) (GRADE) **Mindfulness vs Control** Quality of sleep The standardized mean difference in the Mindfulness group was 1.04 points lower 60 patients $\oplus \oplus \bigcirc \bigcirc$ [PSQI] [0.50 to 1.58 points lower] compared to control LOW a,b *Sleep latency The mean difference in the Mindfulness group was 3.80 mins lower² [15.52 mins 216patients **0000** [Diary] lower to 7.92 mins higher] compared to control (1 RCT) C LOW b,c The mean difference in the Mindfulness group was 10.00 mins lower² [26.35 mins 216patients Wake after sleep onset $\oplus \oplus \bigcirc \bigcirc$ [Diary] lower to 6.35 mins higher] compared to control (1 RCT) C LOW b,c *Remission rate The percentage of patients achieving "remission" in the CBTI group was 36% 35 patients $\oplus \oplus \bigcirc \bigcirc$ higher¹ [11% to 61% higher] compared to control (1 RCT)B [ISI] LOW a,b $\oplus \oplus \bigcirc \bigcirc$ Insomnia severity The standardized mean difference in the mindfulness group was 0.53 points lower¹ 251 patients [1.32 points lower to 0.27 points higher] compared to control (2 RCT) B,C [ISI] LOW a,b,c The mean difference in the Mindfulness group was 0.75% higher² [2.84% lower to 251 patients Sleep efficiency $\oplus \oplus \bigcirc \bigcirc$ (2 RCT) B,C [Diary] LOW a,b,c 4.34% higher] compared to control Sleep efficiency The mean difference in the Mindfulness group was 1.75% lower² [6.43% lower to $\oplus \oplus \bigcirc \bigcirc$ 35 patients 2.93% higher] compared to control (1 RCT)B [Act] LOW a,b,c Sleep efficiency The mean difference in the Mindfulness group was 1.95% lower² [7.8% lower to 35 patients $\oplus \oplus \bigcirc \bigcirc$ 3.9% higher] compared to control (1 RCT)B [PSG] LOW a,b,c 35 patients Total wake time $\oplus \oplus \bigcirc \bigcirc$ The mean difference in the Mindfulness group was 12.24 minutes lower² [50.85 minutes lower to 26.37 minutes higher] compared to control (1 RCT)B [Diary] LOW a,b,c Total wake time The mean difference in the Mindfulness group was 0.02 minutes lower² [15.77 35 patients **0000** [Act] minutes lower to 15.81 minutes higher] compared to control (1 RCT)B LOW a,b,c Total wake time $\oplus \oplus \bigcirc \bigcirc$ The mean difference in the Mindfulness group was 8.2 minutes lower² [20.40 35 patients LOW a,b,c minutes lower to 36.80 minutes higher] compared to control (1 RCT)B [PSG] Total sleep time The mean difference in the Mindfulness group was 2.99 minutes higher² [14.88 251 patients **#**000 [Diary] VERY LOW a,b,c,d minutes lower to 20.86 minutes higher] compared to control (2 RCT) B,C Total sleep time The mean difference in the Mindfulness group was 11.73 minutes lower² [49.33 35 patients **0000** minutes lower to 25.87 minutes higher] compared to control (1 RCT)B [Act] VERY LOW a,b,c,d Total sleep time The mean difference in the Mindfulness group was 22.82 minutes lower² [53.40 35 patients $\oplus \oplus \bigcirc \bigcirc$ [PSG] minutes lower to 7.76 minutes higher] compared to control (1 RCT)B LOW a,b,c

^{*} Critical Outcome

a. <200 participants

b. Risk of bias [no patient blinding, allocation concealment]

c. Imprecision

d Crosses CI on both sides

¹ Meets the clinical significance threshold

² Does not meet the clinical significance threshold

Study Name	Gender	Age	Intervention	Control	Delivery method	Type of Insomnia	Specific group (Older adults, veterans)	Treatment delivered by clinician, nurse etc.	Component of sleep hygiene included in multicomponent intervention (Y/N)	Duration of session/intervention (no. of sessions)	Included in the meta-analysis Y/N	Reason for not including in meta-analyses
Arnedt 2013	3 M, 27F	39.1	CBT-I	information pamphlet	Telephone	Mixed		experienced therapists	Y	8 sessions	Υ	
scher 1978	10M, 15F	39	Paradoxical intention	placebo no treatment	in-person	Mixed	-	-		4 weekly sessions	Υ	-
astein 2004	16M, 29F	41.8	CBT-I	in-person	Group Telephone	Mixed	-	The therapists (4 female and 1 male) were certified clinical psychologists or doctoral students in psychology with prior clinical	Υ	8 weekly sessions	Υ	
Satterham 2017	299M. 850F	42	B CBT-I	internet control	internet	Insomnia with	sublcinical depression symptoms	experience.	Y	6 weekly sessions	N	adjusted data
Bjorvatn 2011	65M, 90F		CBT-I	sleep hygiene	self-help	comorbidities Mixed		Self-help book	Y	3 months	Y	
Bjorvatn 2018	116M, 48F	56	CBT-I	sleep hygiene	self-help	Insomnia with comorbidities	diagnosed with OSA	Self-help book	Υ	3 months	Υ	-
3lom 2016	32M, 116F	48	3 CBT-I	internet control	internet	Insomnia with comorbidities		final year of a 5-y Master of Science university program for clinical psychologists participated in the study.	Y	8 weeks treatment period	Υ	
othelius 2013	9м, 55ғ	50.7	CBT-I	waitlist	Group	Mixed	-	Treatment was delivered by four primary health-care nurses and one social worker, with 2 days of training in how to use the manual. The personnel volunteering had no formal training in sleep medicine, but all of them had relatively solid training in CBT.	Y	5 sessions	Y	-
Buysse 2011	22M, 54F	71.7	BBT-I	information control	in-person	Mixed	Older adults	Nurse clinician	Υ	2 sessions + 2 telephone calls	Υ	-
Cape 2016	143 F, 96 M	59.8	S CBT-I	Usual care	Group	Insomnia with comorbidities	-	Each group was facilitated by two IAPT psychological wellbeing practitioners, recent graduates, most but not all with psychology undergraduate degrees, who had undertaken a 1- year 1 day per week certificate course in low-intensity psychological interventions.	Y	5 sessions	N	adjusted data
Chen 2008	15M,11F	50.3	CBT-I	sleep hygiene	group	Insomnia with comorbidities	Patients undergoing peritoneal dialysis	Psychiatrist	Υ	4 weeks	N	Data presented as median and interquartile range
Creti 2005	13M, 28F	67	Relaxation therapy (progressive muscle relaxation, only the relaxation aspect included)	waitlist	audio	Insomnia and no comorbidities	Older adults (55 and older)	audio tapes	-	2 weeks	Υ	-
Currie 2000	27M, 33F	45	CBT-I	waitlist	Group	Insomnia with comorbidities	Chronic pain	Each therapy group was led by a primary therapist and a cotherapist. The therapists were six doctoral students or interns in clinical psychology, all of whom had some previous training in CBT interventions	Υ	7 sessions	Y	
Currie 2004	42 M 18 F	43.3	S CBT-I	waitlist	in-person (one-on-one) self-help	Insomnia with comorbidities	Alcoholics	Three mental health professionals (a PhD psychologist, a master's level social worker and an addiction counsellor) served as therapists for the IT and SHTS conditions	γ	5 sessions	Y	-
irksen 2007	72F	58.2	CBT-I	sleep hygiene	group	Insomnia with comorbidities	Breast cancer survivors	Master's level Registered Nurse therapist	Υ	4 weekly sessions + 2 telephone calls	Υ	-
rake 2019	150 F	56.44	CBT-I	sleep hygiene	in-person (one-on-one)	Mixed	Postmenopausal women	registered nurse who specializes in behavioral sleep medicine.	Υ	6 sessions	Υ	-
rake 2019	150 F	56.44	Sleep restriction	sleep hygiene	in-person	Mixed	Postmenopausal women	registered nurse who specializes in behavioral sleep medicine.	-	2 weeks	Υ	
dinger 2001	40 M, 35 F	55.3	CBT-I, Relaxation therapy	placebo therapy (quasidesensitization)	in-person (one-on-one)	Insomnia and no comorbidities	-	One male and one female therapist, beginning-level clinical psychologist, naïve to behavioral insomnia therapy.	Υ	6 sessions	N	adjusted data
dinger 2003	18 M, 2 F	51	I BBT-I	sleep hygiene	in-person	Mixed	Veterans	beginning-level clinical psychologist	Υ	2 sessions	N	Adjusted data
dinger 2005	2 M, 45 F	48.6	CBT-I	sleep hygiene, usual care	in-person (one-on-one)	Insomnia with comorbidities	Fibromyalgia	2 licensed male clinical psychologists	N	6 sessions	Υ	-
dinger 2005	2M, 45 F	48.3	Sleep hygiene	Usual care	in-person	Insomnia with comorbidities	Fibromyalgia	Two licensed male clinical psychologists	Υ	6 weekly individual session	Υ	-
dinger 2007	43M, 43F	55.4	CBT-I	waitlist	in-person (one-on-one)	Insomnia and no comorbidities	-	Two licensed male clinical psychologists	Υ	ranged 1-8 sessions	Υ	-
dinger 2009	70M, 11 F	54.2	CBT-I	sleep hygiene	in-person (one-on-one)	Insomnia and no comorbidities	-	2 licensed clinical psychologists	N	4 sessions	Υ	-
Ellis 2015	18M, 22F	32.9	CBT-I	waitlist	in-person (one-on-one)	Mixed	-	a practicing health psychologist and somnologist with 5 years' experience delivering CBT-I	Y	1 session	Υ	-
ngle-Friedman 1992	18M, 35F	61.4 57.56 60.26		measurement control group	in-person	Mixed	Older adults	Graduate students	Y	5 weeks	N	Mean and SD not provided
pstein 2007	All Females	57.1, 59.1	СВТ-І	sleep hygiene	Group/telehealth	Insomnia with comorbidities	Breast cancer survivors	The therapist was a master's-level clinical nurse specialist in psychiatric-mental health nursing. She was trained in the delivery of the intervention as part of another study and had four years of experience in delivering the intervention in another study	Y	4 session (in-person group) +2 (individual telephone) sessions	Υ	-

Epstein 2012	64M, 115F	68.9	CBT-I Sleep restriction Stimulus control	waitlist	Group	Insomnia and no comorbidities	Older adult (55 or older), veterans	Treatment was implemented by a masters' level psychiatric-mental health clinical nurse specialist, with some substitution for vacations and liness by a PhO level nurse (DRE) with the same clinical background. The master's level nurse was an experienced mental health therapist	Y in CBT-I	4 sessions (individual sessions) + 2 sessions (phone)	N	Adjusted data
Epstein 2012	64M, 115F	68.9	Sleep restriction	waitlist	group/telehealth	Insomnia and no comorbidities	Older adults (55 and older)	masters' level psychiatric-mental health clinical nurse specialist, with some substitution for vacations and illness by a PhD level nurse (DRE) with the same clinical background	Y	6 weeks (4 week group and 2 weeks over the phone)	N	adjusted data reported
Epstein 2012	13M, 31F	70.23	Stimulus control	waitlist	group/telehealth	Insomnia and no comorbidities	Older adult (55 or older)	masters' level psychiatric-mental health clinical nurse specialist, with some substitution for vacations and illness by a PhD level nurse (DRE) with the same clinical background	-	4 week group sessions + 2 week phone sessions	N	Adjusted data
Espie 1989 (Behaviour Research and Therapy)	23M, 47F	44.9	Relaxation therapy, Stimulus control, Paradoxical Intention	Placebo, Imagery relief, no treatment,	in-person	Mixed	-	The senior author conducted all therapy sessions across treatments.	-	8 weeks treatment period	N	The SD values in the study represent the night to night variability measure, and not the SD for the mean values.
Espie 2001	44M, 95F	51	CBT-I	waitlist	Group	Mixed	-	Six Health Visitors conducted the treatment sessions after extensive training from a Clinical Psychologist, a senior Health Promotion Officer and a Pharmacist	Υ	6 sessions	N	Adjusted data
Espie 2007	64M, 137F	54.3	CBT-I	Usual care	Group	Mixed	General practice	Trained community nurses to deliver CBT-I, with post- qualification and certification	Υ	5 sessions	Υ	-
Espie 2008	103 F only		CBT-I	Usual care	Group	Insomnia with comorbidities	Cancer	trained four experienced cancer nurses, who were released on a part-time basis from oncology nursing duties, to deliver CBT	N	5 sessions	Y	-
Espie 2012	44M, 120 F		CBT-I	Usual care	internet	Mixed Insomnia and no		an animated "virtual therapist" (The Prof).	Y	6 sessions	Y	-
Espie 2019	382M, 1329F	48	CBT-I	sleep hygiene	internet	comorbidities		Fully automated digital program	Υ	6 sessions	Y	no mean or SD provided, scale
Fernando 2013	17M, 28F	55.5	Sleep restriction	sleep hygiene	in-person	Insomnia and no comorbidities		Primary care clinicians	Y	6 weeks	N	was better or much better and same,worse or much worse
Feuerstein 2017	15M, 19F	49	CBT-I	sleep hygiene	internet	Insomnia with psychiatric comorbidities	engaged in mental healthcare treatment	computer-based	not mentioned	6 sessions	N	data not presented as mean and standard deviation
Fleming 2014	35 M, 78F	60.5	CBT-I	Usual care	Group	Insomnia and no comorbidities	Cancer	trained four experienced cancer nurses, who were released on a part-time basis from oncology nursing duties, to deliver CBT	N	5 sessions	N	Secondary analysis paper data already included in Espie 2008
Freeman 2015	34 M, 16F	40.9 (18-65)	CBT-I	Usual care	in-person (one-on-one)	Insomnia with comorbidities	pts with persistent delusions and hallucinations	Graduate psychologist	Υ	8 sessions	N	adjusted data
Freeman 2017	1043M, 2676F, 36 other	24.7	CBT-I	Usual care	internet	Mixed	university student	animated therapist, online	Υ	6 sessions	N	Post treatment data not presented, only follow up for 10 weeks provided
Friedman 2000	13M, 26F	64.2	Sleep restriction	sleep hygiene	in-person	Insomnia and no comorbidities	Older adults (55 and older)	Therapist	Υ	4 weeks	Υ	-
Germain 2006	10M, 25F	70.2	BBT-I	information control	in-person	Mixed	Older adults (65 and above)	masters-level adult psychiatric and primary care nurse practitioner	Υ	1 session + booster session 2 weeks later	Υ	-
Germain 2012	45M, 12F	40.9	BBT-I	pharmacologic placebo	group	Insomnia and no	Veterans	A masters' level licensed therapist	Υ	5 sessions + 3 telephone	Y	
Germain 2014	65M, 11F	38.4	BBT-I	information control	in-person	comorbidities Mixed	Veterans	masters' level clinical social worker	Υ	calls 2 sessions	Υ	-
Greeff 1998	22M	45.5	Relaxation therapy	no treatment control	in-person	Mixed	Chronic alcoholics	relaxation training offered by a psychologist	-	10 sessions	N	Number of participants not reported
Hagatun 2019	59M, 122F	44.9	CBT-I	patient education	internet	Insomnia and no comorbidities	-	computer-based	Υ	9 weeks	Y	-
Harris 2012	15M, 24F	41.2	Intensive sleep retraining	sleep hygiene	in-person	Insomnia and no comorbidities	-	In-laboratory ISR was successfully applied		5 weekly sessions	Υ	-
Harris 2012	23M, 56F	40.9	Stimulus control	sleep hygiene	in-person	Insomnia and no comorbidities	-	The SCT and sleep hygiene treatment components were provided by experienced clinical psychologists	Y	5 sessions	Υ	-
Harvey 2015	22 M, 36 F	36.6	CBT-I	pseudoeducation	in-person (one-on-one)	Insomnia with comorbidities	Bipolar disorder	administered by doctoral- or master's-level therapists. Weekly supervision was conducted by a licensed clinical psychologist	γ	8 sessions	Υ	-
Hauri 1981	18 M, 30 F	41.3	EMG biofeedback	control	in-person	Insomnia and no comorbidities	Middle aged	Technician	N/A	15 sessions	N	SD not provied
Hauri 1997	7M, 19F	47.7	Sleep hygiene and relaxation therapy	waitlist	in-person	Insomnia and no comorbidities		Therapist	Y	6 sessions	N	sleep hygiene and relaxation therapy were combined in the intervention and no sd provided
Ho 2014	90M, 222F	38.5	CBT-I	waitlist	self-help + telephone support	Mixed	-	weekly telephone support from the author (YYH), a psychology graduate, using a semi-structured script,	Υ	treatments materials delivered weekly for 6 weeks	Υ	-
Holmqvist 2014	18M, 55F		CBT-I	in-person	internet telehealth	Mixed	-	3 care providers with 1-5 years of behavioral sleep medicine experience-	Υ	6 weeks	Υ	-
Horsch 2017	57M, 94F	39.66	CBT-I	waitlist	internet (mobile app)	Mixed Insomnia with		-	Y	6-7 weeks	Υ	-
Hou 2014	42M, 56F	53.45	CBT-I	usual care	group	comorbidities	hemodialysis	Physicians	N	2 weeks	Υ	-

Hughes 1978	12 M, 24 F	34.2	Relaxation therapy, Stimulus control, Biofeedback training	pseudo-biofeedback	in-person	Insomnia and no comorbidities	-	Three therapists	-	8 sessions of Biofeedback or pseudobiofeedback 4 sessions of RT 2 sessiosn of SC	N	The n's for each group were not reported in the study; unable to calculate mean difference.
Irwin 2014	18M, 57F	65.4	CBT-I	Sleep education	Group	Mixed	older adults, 55 and older	Each intervention was taught by one therapist who had at least one year experience in delivery of the treatment modality but no prior experience in sleep medicine, and supervised by another therapist who had extensive (> 10 years) experience in the treatment modality to maintain therapist fidelity in delivery of the treatments as manualized.	Y	16 sessions (Each participated in 120 minutes of group class time weekly for 4 months)	Υ	-
Jacobs 2004	15 M, 33 F	47.6	CBT-I	Placebo tablet	in-person (one-on-one)	Insomnia and no comorbidities	Young and middle aged adults	All treatments were administered based on a structured manual by a predoctoral and postdoctoral psychologist.	Υ	4 sessions (individual sessions)+ 1 (telephone session)	Υ	-
Jansson 2005	29 M, 105F	49.5	CBT-I	Usual care	Group	Mixed	-	therapists were certified cognitive behavior therapists that had received training and guidance in administering this group treatment	Υ	6 sessions	N	Post treatment data not available, only follow up
Jansson-Frojmark 2012 (J Clin Psychol Med Settings)	12M, 20F	55.7	CBT-I	waitlist	in-person (one-on-one)	Insomnia with comorbidities	Hearing impairment, Tinnitus	The three therapists were trained psychologists and had previous experience in working with insomnia patients	Υ	7 sessions	Y	-
Jernelov 2012	13M,76F	46.4	CBT-I	waitlist	self-help (book)	Mixed	-	Therapists (for self-help with telephone support group)in the present study were in their final year of training as clinical psychologists	Υ	6 telephone sessions	Υ	
Jungquist 2010	21 F, 8 M	48.7	CBT-I	Contact/measurement control	in-person (one-on-one)	Insomnia with comorbidities	Chronic pain	Masters prepared nurse therapist	Υ	8 sessions	Υ	-
Kaku 2011	130M, 21F	36.2	CBT-I	waitlist	in-person	Mixed	-	2 physicians and 2 nurses	Υ	30 mins for 20 days	Υ	-
Lacks 1983	16M, 48F	40.6	Progressive Relaxation therapy	placebo	group	Insomnia and no comorbidities	-	Therapists were a male and female graduate student in clinical psychology. They were trained and supervised by an experienced clinician and used detailed treatment manuals to standardize therapy procedures.	-	4 weekly group sessions	Υ	-
Lacks 1983	16M, 48F	40.6	Paradoxical intention	placebo	group	Insomnia and no comorbidities	-	Therapists were a male and female graduate student in clinical psychology. They were trained and supervised by an experienced clinician and used detailed treatment manuals to standardize therapy procedures.	Y	4 weekly group sessions	Y	-
Lacks 1983	16M, 48F	40.6	Stimulus control	placebo	group	Insomnia and no comorbidities		Therapists were a male and female graduate student in clinical psychology. They were trained and supervised by an experienced clinician and used detailed treatment manuals to standardize therapy procedures.	-	4 weekly sessions	Y	-
Ladouceur 1986	9M, 18F	41.8	Paradoxical intention Stimulus control	control sleep information	group	Mixed	-	-		4 weeks	N	No means and standard deviations provided
Lancee 2012	247M, 434F		CBT-I	waitlist	self-help,	Mixed	-	-	Υ	6 weeks intervention	Υ	-
Lancee 2015	13M, 50F	48.73	CBT-I	waitlist	internet	Mixed		-	Υ	6 weekly sessions	Υ	
Lancee 2016	21M,73F	41.6	CBT-I	waitlist	in-person (one-on-one) online	Mixed	-	the face-to-face condition, all six individual treatment sessions were administered by a psychologist specialized in insomnia treatment.	Υ	6 sessions	Υ	-
Lancee 2016	9M,51F	43.15	CBT-I	in-person	internet	Mixed	-	- The group sessions were administered by five trainee		6 sessions		-
Lovato 2014	55M, 127F	63.76	CBT-I	waitlist	Group	Insomnia and no comorbidities	Older adults	psychologists (four female, one male) with experience in CBT-I	Y	4 sessions	Υ	-
Mao 2017	30M, 74F	85.8	CBT-I	sleep hygiene	self-help	Mixed	-	psychiatrist and a national secondary psychological consultant	Υ	8 weeks	Υ	-
Martinez 2014	64F	47.58	CBT-I	sleep hygiene	group	Insomnia with comorbidities	Fibromylagia	three female therapists	Y	6 weekly sessions	Υ	-
Matthews 2014	56 F	52.51	CBT-I	behavioral placebo/desensitization	in-person (one-on-one)	Insomnia with comorbidities	Breast cancer survivors	An advanced practice nurse with specialized training in CBTI conducted the individual weekly sessions in an office setting	Y	4 session (in-person group) +2 sessions (phone)	N	No SD provided
McCrae 2007	7M 13F	77.2	BBT-I	sleep hygiene	in-person	Insomnia and no comorbidities	Elderly (65 year and older)	mental health counselor, social worker, or provisionally licensed counselor	N	2 sessions + 2 telephone	Υ	-
McCrae 2018	20M, 42F	69.5	BBT-I	self-monitoring control	in-person	Insomnia and no comorbidities	Older adults (65 and above)	The therapists were three predoctoral students in UF's APAaccredited	Υ	4 sessions	Y	-
McCrae 2019	76F	53	CBT-I	waitlist	in-person	CBT-I	Pain due to fibromyalgia	counseling psychology program predoctoral students in clinical psychology	Υ	8 sessions	Υ	-
McCurry 2014	55M, 190F	73.1	CBT-I	education control	group	Insomnia with comorbidities	Pain	mental health professionals (Masters-level family counselor and PhD psychologist)	Υ	6 weekly sessions	N	post treatment data not provided only follow up data available
Means 2000	17M, 39F	21.2	Progressive Relaxation therapy	waitlist	in-person	Insomnia and no comorbidities	College students	Therapists were three graduate students trained by advanced graduate students proficient in the PR procedure.	-	3 sessions	Y	-
Miro 2011	44F	46.45	CBT-I	sleep hygiene	group	Insomnia with comorbidities	Fibromyalgia	CBT therapists	Υ	6 weekly sessions	Υ	
Morgan 2012	65M, 128F	66.6	CBT-I	usual care	self-help	Mixed	Older adults (55 and above)	telephone support offered by trained advisers	Υ	7 weeks	N	Data presented as a mean change
Morin 1988	2M, 6F		Relaxation therapy (imagery	waitlist	in-person	Mixed	Geriatrics (55 and older)	Two advanced graduate students in clinical	-	6 sessions	Υ	-
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Morin 1988	8M, 11F	67.4	Stimulus control	waitlist	group	Mixed	Older adult (55 or older)	Two advanced graduate students in clinical psychology served as therapists	-	6 sessions	Υ	-
Morin 1993	7M, 17F	67.1	CBT-I	waitlist	Group	Insomnia and no comorbidities	Older adults (60 years or older)	A clinical psychologist conducted all therapy sessions.	Υ	8 sessions	Υ	-
Morin 1999	28M, 50F	65	CBT-I	placebo drug	Group	Insomnia and no comorbidities	Older adults (defined as 55 yrs or older)	CBT sessions led by a licensed clinical psychologist or a post doctoral fellow in clinical psychology.	Y	8 sessions	Υ	-
Morin 2005	65M, 125F	46	CBT-I	waitlist	self-help (manual)	Mixed	-	-	Υ	6 booklets mailed weekly	Υ	-
Nicassio 1974	9M, 21F	45.1	Relaxation therapy	no treatment control	in-person	Mixed	-	All treatment sessions were conducted by the first author	-	4 weeks	N	Number of participants not reported
Nicassio 1982	9 M, 31 F	43.5	EMG biofeedback, Progressive Relaxation therapy,	Biofeedback placebo, no-treatment control	in-person	Mixed	-	authors acted as therapists	N/A	10 sesions	Y	-
Nicassio 1982	9M, 31F	43.5	Relaxation therapy	EMG biofeedback placebo	in-person	Mixed		authors of this investigation acted as therapists		6 weeks	Υ	
Ong 2014	9M, 26F	43.5	Mindfulness	self-monitoring	in-person	Insomnia and no comorbidities	-	MBTI was delivered by the first author, who has specialized training in mindfulness meditation and behavioral treatments for insomnia		8 week intervention	Y	-
Ott 1983	22M, 34F	18-55 yrs of age	Paradoxical intention	no treatment	Group	Insomnia and no comorbidities	-	Not mentioned	-	2 week treatment	N	Number of participants not reported
Pigeon 2012	7M, 14F	50.7	CBT-I	waitlist	in-person (one-on-one)	Insomnia with comorbidities	Chronic pain	one of two experienced CBT psychologists familiar with both CBT-I and CBP-P	Υ	10 sessions	Υ	-
Pigeon 2017	24M, 3F	58.4	BBT-I	sleep hygiene	in-person	Insomnia with comorbidities	Depressed veterans	Study therapists in both conditions were graduate level psychology students	Y	2 sessions + 2 telephone calls	Υ	-
Riedel 1995	43M, 82F	67.4	Sleep restriction	waitlist	group+video, video	Insomnia and no comorbidities	Older adults (60 years or older)	One male and three female psychology graduate students served as therapists.	Υ	4 sessions	Υ	-
Ritterband 2009	10M, 34F	44.86	CBT-I	waitlist	internet	Insomnia and no comorbidities	-	-	Y	9 -week intervention	Υ	-
Ritterband 2012	4M, 24F	56.7	CBT-I	waitlist	internet	Insomnia with comorbidities	Cancer survivors (predominantly highly-educated Caucasian women of non-Hispanic ethnicity)		Y	6-9 week intervention	Υ	-
Rybarczyk 2002	4M, 10F	65.6	Relaxation therapy (home - based audio relaxation treatment)	waitlist	audio	Insomnia with comorbidities	Comorbid geriatric insomnia (55 yr of age)		-	6 weeks	Υ	-
Rybarczyk 2002	12M, 12F	67.8	CBT-I	waitlist	Group	Insomnia with comorbidities	comorbid geriatric insomnia (55 yr of age)	co-led by two clinical geropsychologists	Υ	8 sessions	Υ	-
Rybarczyk 2005 (Behavioral Sleep Medicine) only used video and control data	11M, 14F	69.5	CBT-I	waitlist	Video	Insomnia with comorbidities	Older adults (55 and older)	*co-led by two clinical geropsychologists *(Same data as Rybarczyk 2002 for in-person and group)	Y	8 sessions	Υ	-
Rybarczyk 2005 (Journal of Consulting and Clinical Psychology)	30M, 62F	69	CBT-I	stress management, wellness training	Group	Insomnia with comorbidities	Older adults with osteoarthritis, coronary artery disease, or pulmonary disease)	The CBT sessions were led by two clinical psychologists experienced in CBT treatment of insomnia.	Υ	8 sessions	Υ	-
Sanavio 1990	16 M, 24 F	39.6	EMG biofeedback	waitlist	in-person	Insomnia and no comorbidities	-	3 trainees in behavior therapy served as therapists	N/A	6 sessions	N	no. of participants not provided
Sandlund 2017	45M, 120F	54.5	CBT-I	waitlist	Group	Mixed	Primary care setting	led by nurses	Υ	7 sessions	Υ	
Savard 2005 (J Clin Oncol)	57F	54.09	CBT-I	waitlist	Group	Insomnia with comorbidities	Breast cancer survivors	administered by a master-level psychologist with experience in the administration of this particular treatment protocol.	Υ	8 sessions	Y	-
Savard 2014	242 F	54.4	CBT-I	waitlist	in-person (one-on-one) video	Insomnia with comorbidities	Breast cancer	CBT-I sessions were administered by certified psychologists and PhD students in clinical psychology with significant experience	Y	6 sessions	Υ	
Sidani 2019	91M, 164F	54.3	Sleep restriction, stimulus control	Sleep education	in-person	Mixed	-	therapist	-	6 sessions	Υ	-
Sivertsen 2006	14 M, 16F	60.8	CBT-I	Placebo tablet	in-person (one-on-one)	Mixed	Older adults	The therapy sessions were facilitated by 2 clinical psychologists (B.S. and S.O.) and administered at the outpatient university clinic	Υ	6 sessions	Υ	
Smith 2015	21 M, 79F	59.4	CBT-I	behavioral desensitization	in-person (one-on-one)	Insomnia with comorbidities	Knee Osteoarthritis	With the exception of 2 advanced psychology doctoral candidates (1 man and 1 woman), all of the interventionists were postdoctoral clinical psychology fellows (ne-5] 3 women) or faculty (n=2) with experience in behavioral medicine. All but 2 of the interventionists delivered both treatments.	Y	8 sessions	Y	-
Soeffing 2008	17M, 30F	64.16	CBT-I	placebo (sham biofeedback)	in-person (one-on-one)	Insomnia and no comorbidities	Older adults (defined as 50 yrs or older)	Advanced doctoral students in clinical psychology served as therapists	Y	8 sessions	N	adjusted data
Strom 2004	38M, 71F	44.1	CBT-I	waitlist	internet	Insomnia and no comorbidities	-	Two clinical psychologists served as therapists for e- mail interaction and monitoring of homework assignments	Y	5-week intervention	Υ	-
Talbot 2014	14M, 31F	37	CBT-I	waitlist	in-person (one-on-one)	Insomnia with comorbidities	Post traumatic stress disorder	CBT-I delivered by a licensed clinical psychologist or a board-certified psychiatrist	Y	8 sessions	Υ	-
Taylor 2014	20M, 14F	19.71	CBT-I	waitlist	in-person (one-on-one)	Insomnia and no comorbidities	College students	Therapy was conducted by three doctoral-level graduate students who were thoroughly trained in CBT-I and supervised by a licensed psychologist with expertise in CBT-I and certified in behavioral sleep medicine	Y	6 sessions	Υ	-
Taylor 2015	2 M, 13 F	50.5	CBT-I	Usual care	in-person (one-on-one)	Insomnia with comorbidities	Psychiatric comorbidity	an advanced doctoral student with previous training and experience conducting CBT-I-led all the sessions	Y	5 sessions	Y	-

Taylor 2017	83 M, 27 F	32.73	CBT-I	Minimal contact	in-person (one-on-one), internet	Mixed	Military personnel	CBTI was administered by civilian licensed clinical psychologists, clinical psychology postdoctoral fellows, and a licensed clinical social worker	Y	6 sessions	Y	-
Thiart 2015	33M, 95F	48	CBT-I	waitlist	internet	Mixed	teachers	Trained coaches	Υ	6 sessions	Υ	-
Thorndike 2013	10M, 34F	44.9	CBT-I	waitlist	internet	Insomnia with comorbidities	-	online format, no clinical support or supervision proided	Υ	9 weeks	Υ	-
Troxel 2013	13M, 26F	72.5	BBT-I	information control	in-person	Mixed	Older adults (60 years or older)	master's level mental health nurse.	N	2 sessions + 2 telephone calls	N	data not presented as mean and standard deviation
Tyagi 2014	29M,50F	72.6	BBT-I	information control	in-person	Insomnia with comorbidities	Older adults	Therapist	N	2 sessions + 2 telephone calls	N	Secondary analysis paper data already included in Buysse 2011
Van Straten 2009	84M, 163F	52	CBT-I	waitlist	self-help (book+video)	Mixed	-	-	Υ	6 week self- help intervention	Υ	-
van Straten 2014	35M, 83F	49.4	CBT-I	waitlist	internet	Mixed	-	The coaching was performed by A.v.S., four master's students in psychology, and one experienced CBT therapist (J.E.) who also trained and supervised the others.	Y	6-week guided Internet intervention	Υ	
Verbeek 2006	24M, 34F	44.4	CBT-I	in-person	group	Mixed	-	-	Υ	6 weekly sessions	Υ	-
Vincent 2009	39M, 79F	Not provided	CBT-I	waitlist	internet	Mixed	-	The main teaching component was present in an audiovisual mode with occasional text material appearing in the background to highlight particular points	Υ	5-week intervention	Y	-
Vincent 2013	80M, 148F	49	CBT-I	waitlist	internet	Mixed		The main teaching component was present in an audiovisual mode with occasional text material appearing in the background to highlight particular points	Υ	5-week intervention secondary analysis paper of Vincent 2009	N	Only moderating analyses present
Vitiello 2013	55M, 190F	73.1	CBT-I	education control	group	Mixed	Osteoarthritis	Master's-level family counselor and PhD psychologist	Υ	6 weekly sessions	N	adjusted data
Wagley 2013	9M, 21F	45.9	CBT-I	waitlist	in-person (one-on-one)	Insomnia with comorbidities	Psychiatric outpatients	The intervention was administered by the same master's level therapist with minimal experience with CBT for insomnia. The therapist was trained by a doctoral-level psychologist with extensive experience in delivering CBT-I.	Y	2 sessions	Υ	-
Wang 2016	36M, 46F	41.6	BBT-I	sleep hygiene	in-person	Mixed		Two clinical psychologists served as therapists	Υ	2 sessions + 2 telephone calls	Υ	-
Wilckens 2016	25M, 54F	71.7	BBT-I	information control	in-person	Insomnia with comorbidities	Older adults	mental health nurse practitioner	Y	2 sessions + 2 telephone calls	N	same data as Buysse 2011
Wong 2017	47M, 169F	56.1	Mindfulness	sleep psycho-education with exercise control	group	Insomnia and no comorbidities	-	the MBCT-I programme was delivered by qualified instructors with more than 2 years of teaching experience of MBCT	-	9 week intervention	Υ	-
Woolfolk 1976	6M, 18F	44.3	Progressive Relaxation therapy	waitlist	in-person	Mixed	-	2 clinically experienced graduate students served as therapists	-	4 weeks	N	SD not provided
Wu 2006	36 M, 41F	38 ± 12	CBT-I	Placebo tablet	in-person (one-on-one)	Insomnia and no comorbidities		The CBT group was treated by a licensed clinical psychologist, a manual was used during each session	Y	16 sessions (All treatments lasted 8 weeks. Each patient received CBT two times a week)	Υ	-
Yamadera 2013	20M, 25F	59.3	CBT-I	in-person	group	Insomnia and no comorbidities	-	Psychiatric sleep physician	Υ	3 sessions	Υ	-
Zhang 2015	35M, 25F	78.1	Mindfulness	waitlist	group	Insomnia and no comorbidities	Older adults than 75 years	Trained MBSR teacher	-	8 weeks	Υ	-