

Supplementary Table 3. Sleep actigraphy

Data/Study	Bensen-Boakes et al. [20] (2022) 6 weeks	Tu et al. [21] (2022)* 90 days	Alessi et al. [22] (2021)* 6 months	Sweetman et al. [23] (2021) 4 weeks (depression category)	Ong et al. [24] (2020)* 90 days	Sweetman et al. [25] (2020) 4 weeks	Sweetman et al. [26] (2020) 6 weeks	Sweetman et al. [27] (2019)* 6 months	Fung et al. [28] (2016) 6 months	Richards et al. [29] (2007)* 4 weeks
TST (Actin)										
Pre-Intervention	N/A	381.61 (68.89)	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A
Post-Intervention	N/A	369.98 (59.44)	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A
Difference	N/A	-11.63 (9.45)	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A
Pre-Control	N/A	352.67 (67.31)	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A
Post-Control	N/A	377.39 (59.46)	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A
Difference	N/A	24.72 (7.85)	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A
SOL (Actin)										
Pre-Intervention	N/A	28.51 (37.86)	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A
Post-Intervention	N/A	20.78 (13.03)	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A
Difference	N/A	-7.73 (24.83)	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A
Pre-Control	N/A	37.47 (36.99)	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A
Post-Control	N/A	26.38 (20.38)	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A
Difference	N/A	-11.09 (16.61)	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A
WASO (Actin)										
Pre-Intervention	N/A	63.88 (30.09)	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A
Post-Intervention	N/A	52.48 (22.23)	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A
Difference	N/A	-11.4 (7.86)	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A
Pre-Control	N/A	63.12 (26.22)	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A
Post-Control	N/A	52.89 (24.62)	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A
Difference	N/A	-10.23 (1.6)	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A
SE (Actin)										
Pre-Intervention	N/A	77.37 (9.23)	77.7 (9.1)	N/A	N/A	N/A	N/A	N/A	82.4 (1.05)	N/A
Post-Intervention	N/A	80.04 (7.02)	80.4 (1.2)	N/A	N/A	N/A	N/A	N/A	82.2 (1.075)	N/A
Difference	N/A	2.67 (2.21)	2.7 (7.9)	N/A	N/A	N/A	N/A	N/A	-0.2 (0.025)	N/A
Pre-Control	N/A	74.01 (11.29)	78.8 (9.4)	N/A	N/A	N/A	N/A	N/A	82.8 (1.15)	N/A
Post-Control	N/A	79.10 (8.33)	78.9 (1.175)	N/A	N/A	N/A	N/A	N/A	83.2 (1.125)	N/A
Difference	N/A	5.09 (2.96)	0.1 (8.225)	N/A	N/A	N/A	N/A	N/A	0.4 (0.025)	N/A
TIB (Actin)										
Pre-Intervention	N/A	495.88 (82.53)	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A
Post-Intervention	N/A	462.36 (64.26)	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A
Difference	N/A	-33.52 (18.27)	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A
Pre-Control	N/A	478.52 (58.16)	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A
Post-Control	N/A	479.61 (70.56)	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A
Difference	N/A	1.09 (12.4)	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A

Data are presented as mean (SD).

*Involves PAP as control.

SD, standard deviation; SE, sleep efficiency; SOL, sleep onset latency; TIB, time in bed; TST, total sleep time; WASO, wake after sleep onset; N/A, not available.