

Table S4. Summary of secondary outcome measures

	Secondary outcome measure (s)	Results
Armitage et al (2009)	N/A	N/A
Ball et al (2004)	N/A	N/A
Bileviciute et al (2020)	TAS-20 DIF TAS-20 DDF TAS-20 EOT TAS-20 EOT TAS Total LEAS-Self LEAS-Other LEAS-Total HADS-D HADS-A	TAS-20 DIF: p <0.001 TAS-20 DDF: NS TAS-20 EOT: NS TAS-20 EOT: NS TAS Total: p <0.05 LEAS-Self: p <0.01 LEAS-Other: NS LEAS-Total: NS HADS-D: p <0.001 HADS-A: NS
Decker et al (2009)	N/A	N/A
Fischler et al (1997)	N/A	N/A
Gotts et al (2016)	PSQI subjective sleep quality PSQI sleep latency PSQI sleep duration PSQI habitual sleep efficiency PSQI sleep disturbances PSQI use of sleep medication PSQI daytime dysfunction PSQI global ISI	PSQI subjective sleep quality: p <0.001 PSQI sleep latency: p <0.001 PSQI sleep duration: p <0.05 PSQI habitual sleep efficiency: p <0.05 PSQI sleep disturbances: p <0.001 PSQI use of sleep medication: NS PSQI daytime dysfunction: p < 0.01 PSQI global: p <0.001 ISI: p <0.001
Kishi et al (2008)	N/A	N/A
Le Bon et al (2007)	N/A	N/A
Le Bon et al (2012)	PSQI FSS ESS	PSQI: p <0.001 FSS: p <0.001 ESS: 0.010
Majer et al (2007)	Insomnia Sleepiness Physical/ somatic Apnea Body clock Nasal obstruction	Insomnia: p <0.001 Sleepiness: p = 0.060 Physical/ somatic: p = 0.001 Apnea: p = 0.865 Body clock: 0.610 Nasal obstruction: 0.318
Neu et al (2007)	PSQI global score Sleep quality Sleep latency Sleep duration Sleep efficiency Sleep disturbance Use of medication Daytime dysfunction FSS mean score HAMA HAM-D_21 BDI-13	PSQI global score: p < 0.01 Sleep quality: p < 0.01 Sleep duration: NS Sleep efficiency: p = 0.017 Sleep disturbance: p = 0.004 Use of medication: NS Daytime dysfunction: p < 0.01 FSS mean score: p < 0.01 HAMA: p < 0.01 HAM-D_21: p < 0.01 BDI-13: p < 0.01
Neu et al (2008)	ESS FSS	ESS: p <0.001 FSS: p <0.001

	BDI HAMA	BDI: p <0.001 HAMA: p <0.001
Neu et al (2014A)	PSQI ESS FSS HAD-A HAD-D	PSQI: p < 0.001 ESS: p < 0.001 FSS: p < 0.001 HAD-A: p < 0.001 HAD-D: p < 0.001
Neu et al (2014B)	HAD-A HAD-D VAS-F VAS-S PSQI FSS ESS	HAD-A: p = 0.009 HAD-D: p = 0.001 VAS-F: p < 0.001 VAS-S: NS PSQI: p < 0.001 FSS: p < 0.001 ESS: p < 0.006
Neu et al (2015)	HAD-A HAD-D HAD- Total ESS FSS PSQI	HAD-A: p = 0.001 HAD-D: p < 0.001 HAD- Total: p < 0.001 ESS: 0.593 FSS: p < 0.001 PSQI: p < 0.001
Reeves et al (2006)	N/A	N/A
Sharpley et al (1997)	HAD-A HAD-D BDI-D SF-36 FSS	N/A
Togo et al (2008)	CES-D Likert scale Sleepiness: Evening Morning Fatigue: Evening Morning Pain: Evening Morning Feeling blue Evening Morning	CES-D: p < 0.05 Likert scale Sleepiness: Evening: p < 0.05 Morning: p < 0.05 Fatigue: Evening: p < 0.05 Morning: p < 0.05 Pain: Evening: p < 0.05 Morning: p < 0.05 Feeling blue Evening: NS Morning: p < 0.05
Togo et al (2013)	CES-D Sleepiness: Evening Morning	CES-D: p < 0.05 Sleepiness: Evening: p < 0.05 Morning: p < 0.05
Watson et al (2003)	SSS ESS	SSS: p <0.001 ESS: p < .05
Watson et al (2004)	I wake up often during the night; My nights sleep is often restless and disturbed; I feel that my sleep is abnormal; I have trouble getting to sleep at night; I have been unable to sleep at all for several days;	I wake up often during the night: p ≤0.001 My nights sleep is often restless and disturbed: p ≤0.001 I feel that my sleep is abnormal: p ≤0.001 I have trouble getting to sleep at night: p ≤0.001 I have been unable to sleep at all for several days: p ≤0.05

	I feel that I have insomnia; I often have a poor nights sleep; I take a prescription drug to help me sleep.	I feel that I have insomnia: $p \leq 0.01$ I often have a poor nights sleep: $p \leq 0.001$ I take a prescription drug to help me sleep: $p \leq 0.001$
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Abbreviations: CES-D, Center for Epidemiological Studies- Depression; ESS, Epworth Sleepiness Scale, FSS, HADS, Hospital Anxiety and Depression Scale; HADS-A, Hospital Anxiety and Depression Scale Anxiety; HADS-D, Hospital Anxiety and Depression Scale Depression; HAMA, Hamilton Anxiety Rating Scale; ISI, Insomnia Severity Index; LEAS, Levels of Emotional Awareness Scale; TAS, Toronto Alexithymia Scale; PSQI, Pittsburgh Sleep Quality Index; VAS-F, Visual Analogue Scale- Fatigue; VAS-S, Visual Analogue Scale- sleep;