

Supplementary Materials S1

Search Strategy

Databases search alphabetically

CINAHL (Cumulative Index to Nursing and Allied Health Literature)

Cochrane Central Register of Controlled Trials

MEDLINE

PsycINFO

PubMed

Keywords and controlled vocabulary

Both keywords and controlled vocabulary were used as appropriate to conduct the literature searches. The search strategies for all databases are shown below.

CINAHL

- S1. (MH "Phototherapy+")
- S2. Phototherapy
- S3. "photo therapy"
- S4. "light therapy"
- S5. "light exposure"
- S6. "light treatment*"
- S7. "light intervention*"
- S8. Heliotherapy
- S9. "bright light"
- S10. "blue light"
- S11. "white light"
- S12. "natural light"
- S13. (MH "Sunlight+")
- S14. Sunlight
- S15. "polychromatic light"
- S16. "monochromatic light"
- S17. "artificial light"
- S18. "light"
- S19. S1 OR S2 OR S3 OR S4 OR S5 OR S6 OR S7 OR S8 OR S9 OR S10 OR S11 OR S12 OR S13 OR S14 OR S15 OR S16 OR S17 OR S18
- S20. (MH "Sleep Disorders, Circadian Rhythm+")
- S21. "advanced sleep phase syndrome*"
- S22. "delayed sleep wake phase disorder*"
- S23. "delayed sleep phase syndrome*"
- S24. "circadian rhythm sleep disorder*"
- S25. "non 24 h sleep wake disorder*"
- S26. "shift work sleep disorder*"
- S27. "sleep wake cycle disorder*"
- S28. "shift work disorder*"
- S29. "sleep-wake schedule disorder*"
- S30. (MH "Insomnia")
- S31. "early awakening"
- S32. "insomnia disorder*"
- S33. "nonorganic insomnia*"
- S34. "sleep initiation dysfunction*"
- S35. "transient insomnia*"
- S36. (MH "Jet Lag Syndrome")
- S37. "jet lag disorder*"

- S38. "jet lag*"
- S39. "jetlag*"
- S40. S21 OR S22 OR S23 OR S24 OR S25 OR S26 OR S27 OR S28
OR S29 OR S30 OR S31 OR S32 OR S33 OR S34 OR S35 OR S36 OR S37
OR S38 OR S39
- S41. (MH "Sleep")
- S42. "sleep*"
- S43. S41 OR S42
- S44. S19 AND S40 AND S43
- S45. S43, Limiters-English Language

Cochrane Central Register of Controlled Trials

- 1. exp phototherapy/
- 2. phototherapy.mp.
- 3. photo therapy.mp.
- 4. light therapy.mp.
- 5. light exposure.mp.
- 6. light treatment*.mp.
- 7. light intervention*.mp.
- 8. heliotherapy.mp.
- 9. bright light.mp.
- 10. blue light.mp.
- 11. white light.mp.
- 12. natural light.mp.
- 13. sunlight/
- 14. sunlight.mp.
- 15. polychromatic light.mp.
- 16. monochromatic light.mp.
- 17. artificial light.mp.
- 18. light.mp
- 19. 1 or 2 or 3 or 4 or 5 or 6 or 7 or 8 or 9 or 10 or 11 or 12 or 13 or 14 or
15 or 16 or 17 or 18
- 20. Sleep Disorders, Circadian Rhythm/
- 21. advanced sleep phase syndrome*.ti,ab.
- 22. delayed sleep wake phase disorder*.ti,ab.
- 23. delayed sleep-wake phase disorder*.ti,ab.
- 24. delayed sleep phase syndrome*.ti,ab.
- 25. non 24 h sleep wake disorder*.ti,ab.
- 26. shift work sleep disorder*.ti,ab.
- 27. shift work disorder*.ti,ab.
- 28. sleep wake cycle disorder*.ti,ab.
- 29. sleep-wake schedule disorder*.ti,ab.
- 30. "Sleep Initiation and Maintenance Disorders"/
- 31. insomnia*.ti,ab.
- 32. early awakening.ti,ab.
- 33. nonorganic insomnia*.ti,ab.
- 34. sleep initiation dysfunction*.ti,ab.
- 35. transient insomnia*.ti,ab.
- 36. Jet Lag Syndrome/
- 37. jet lag disorder*.ti,ab.
- 38. jet lag*.ti,ab.
- 39. jetlag*.ti,ab.
- 40. 20 or 21 or 22 or 23 or 24 or 25 or 26 or 27 or 28 or 29 or 31 or 32 or
33 or 34 or 35 or 36 or 37 or 38 or 39

41. Sleep/
42. sleep*.ti,ab.
43. 41 or 42
44. 19 and 40 and 43
45. Limit 40 to English language

MEDLINE

1. exp phototherapy/
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24. delayed sleep phase syndrome*.ti,ab.
25. non 24 h sleep wake disorder*.ti,ab.
26. shift work sleep disorder*.ti,ab.
27. shift work disorder*.ti,ab.
28. sleep wake cycle disorder*.ti,ab.
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34. sleep initiation dysfunction*.ti,ab.
35. transient insomnia*.ti,ab.
36. Jet Lag Syndrome/
37. jet lag disorder*.ti,ab.
38. jet lag*.ti,ab.
39. jetlag*.ti,ab.
40. 20 or 21 or 22 or 23 or 24 or 25 or 26 or 27 or 28 or 29 or 31 or 32 or 33 or 34 or 35 or 36 or 37 or 38 or 39
- Sleep/
41. sleep*.ti,ab.
42. 41 or 42
43. 19 and 40 and 43
44. Limit 40 to English language

PsycINFO

1. exp phototherapy/
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23. delayed sleep-wake phase disorder*.ti,ab.
24. delayed sleep phase syndrome*.ti,ab.
25. non 24 h sleep wake disorder*.ti,ab.
26. shift work sleep disorder*.ti,ab.
27. shift work disorder*.ti,ab.
28. sleep wake cycle disorder*.ti,ab.
29. sleep-wake schedule disorder*.ti,ab.
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32. early awakening.ti,ab.
33. nonorganic insomnia*.ti,ab.
34. sleep initiation dysfunction*.ti,ab.
35. transient insomnia*.ti,ab.
36. Jet Lag Syndrome/
37. jet lag disorder*.ti,ab.
38. jet lag*.ti,ab.
39. jetlag*.ti,ab.
40. 20 or 21 or 22 or 23 or 24 or 25 or 26 or 27 or 28 or 29 or 31 or 32 or 33 or 34 or 35 or 36 or 37 or 38 or 39
41. Sleep/
42. sleep*.ti,ab.
43. 41 or 42
44. 19 and 40 and 43
45. Limit 40 to English language

PubMed

1. (((((((((((((((phototherapy) OR (Phototherapy[MeSH Terms])) OR ("photo therapy")) OR ("light therapy")) OR ("light exposure")) OR ("light treatment")) OR ("light intervention")) OR (heliotherapy)) OR ("bright light")) OR ("blue light")) OR ("white light")) OR ("natural light")) OR (sunlight)) OR (sunlight[MeSH Terms])) OR ("polychromatic light")) OR ("monochromatic light")) OR ("artificial light")) OR (light)) AND (((((((((((((((sleep disorder[MeSH Terms]) OR (circadian rhythm disorder[MeSH Terms])) OR (advanced sleep phase syndrome)) OR (delayed sleep wake phase disorder)) OR (circadian rhythm sleep disorder)) OR (delayed sleep phase syndrome)) OR (non 24 h sleep wake disorder)) OR (shift work sleep disorder)) OR (shift work disorder)) OR (sleep wake cycle disorder)) OR (sleep-wake schedule disorder)) OR (((((((insomnia[MeSH Terms]) OR (insomnia)) OR (early awakening)) OR (insomnia disorder)) OR (nonorganic insomnia)) OR (sleep initiation dysfunction)) OR (transient insomnia))) OR (((Jet Lag Syndrome[MeSH Terms]) OR (jet lag disorder)) OR (jetlag disorder)))) AND ((sleep[MeSH Terms]) OR (sleep)) Filters: English.