Supplementary Table S1. Search Strategy, inclusion, and exclusion criteria

Search Engine: PubMed, Scopus, Medline Complete, Embase

PICOS Criteria	**Search Strategy**	**Inclusion Criteria**	**Exclusion Criteria**
Population	"female" OR "wom?n" OR "perimenopause*" OR "menopaus*" OR "Menopause transition"	- female healthy adults (≥40 years) - naturally menstruating, hormonal contraceptive users and hormonal replacement therapies - with current perimenopause symptoms and/or menstrual cycle disturbances - or menopausal	- involved animal models, and - were published in a language other than English.
AND			
Intervention	"egg*" OR "egg* consumption" OR "dietary egg"		
AND			
Comparator		- with comparisons to suitable controls (e.g., control condition or pre- and post-intervention assessment)	
AND			
Outcomes		- any sleep or health outcome associated with consuming eggs during peri/menopause,	
AND			
Study Design		- Original research: e.g., Randomised controlled trial (RCT) Clinical trial, crossover study, observational study	- were not original research, e.g., abstracts, thesis, commentaries