

Translating Evidence into Obstetric Care: Developing a Best Practice-Informed Stepped-Care Clinical Algorithm for the Management of Gestational Insomnia

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APPENDIX 1 Search Strategy for Decision Support Systems and Best-Practice Repositories, Guideline Networks, Professional Society Websites, and Comprehensive English and Chinese Databases

APPENDIX 1.1 Search Strategy for Decision Support Systems & Best-Practice Repositories, Guideline Networks, and Professional Society Websites

JBI EBP Database	("insomnia" or "sleep initiation and maintenance disorder" or "sleep disturbance" or "sleep disorder" or "difficulty sleeping" or "sleeplessness" or "early awakening" or "night awakening") and ("pregnancy" or "pregnancy complications" or "puerperium" or "prenatal care" or "perinatal period" or "pregnant" or "gestation" or "gestational" or "antenatal" or "prenatal" or "maternal " or "peripartum" or "postpartum" or "obstetric ").
Other Guideline Networks and Professional Society Websites	("insomnia" OR "sleep initiation and maintenance disorder" OR "sleep disturbance" OR "sleep disorder") AND ("pregnancy" OR "pregnancy complications" OR "puerperium" OR "pregnant" OR "maternal")

APPENDIX 1.2 Search Strategy for Comprehensive English and Chinese Databases

Databases	Search Strategy
MEDLINE (via PubMed)	<p>#1 "Insomnia"[MeSH Terms] #2 "Sleep Initiation and Maintenance Disorders"[Title/Abstract] #3 "Sleep Disturbance" [Title/Abstract] #4 "Difficulty Sleeping" [Title/Abstract] #5 "Sleeplessness" [Title/Abstract] #6 "Early Awakening" [Title/Abstract] #7 #1 OR #2 OR #3 OR #4 OR #5 OR #6 #8 "pregnancy"[MeSH Terms] #9 "pregnant"[Title/Abstract] #10 "maternal"[Title/Abstract] #11 "gestation"[Title/Abstract] #12 "gravidity"[Title/Abstract] #13 "conception"[Title/Abstract] #14 #8 OR #9 OR #10 OR #11 OR #12 OR #13 #15 "guideline"[Publication Type] #16 "guideline"[Title/Abstract] #17 "expert consensus"[Publication Type] #18 "expert consensus"[Title/Abstract] #19 "algorithms"[Publication Type] #20 "algorithms" [Title/Abstract] #21 "clinical decision-making"[Publication Type] #22 "clinical decision-making" [Title/Abstract] #23 "Best Practice"[Publication Type] #24 "Best Practice" [Title/Abstract] #25 "Evidence Summary"[Publication Type]</p>

	<p>#26 "Evidence Summary" [Title/Abstract] #27 #15 OR #16 OR #17 OR #18 OR #19 OR #20 OR #21 OR #22 OR #23 OR #24 OR #25 OR #26 #28 #7 AND #14 AND #27</p>
Cochrane Central Register of Controlled Trials (CENTRAL)	<p>#1 MeSH descriptor: [Insomnia] explode all trees #2 "Sleep Initiation and Maintenance Disorders":ti,ab,kw #3 "Sleep Disturbance":ti,ab,kw #4 "Difficulty Sleeping":ti,ab,kw #5 "Sleeplessness" :ti,ab,kw #6 "Early Awakening":ti,ab,kw #7 #1 OR #2 OR #3 OR #4 OR #5 OR #6 #8 MeSH descriptor: [pregnancy] explode all trees #9 "pregnant":ti,ab,kw #10 "maternal":ti,ab,kw #11 "gestation":ti,ab,kw #12 "gravidity":ti,ab,kw #13 "conception":ti,ab,kw #14 #8 OR #9 OR #10 OR #11 OR #12 OR #13 #15 "guideline":pt #16 "guideline":ti,ab,kw #17 "expert consensus":pt #18 "expert consensus":ti,ab,kw #19 "algorithms":pt #20 "algorithms" :ti,ab,kw #21 "clinical decision-making":pt #22 "clinical decision-making" :ti,ab,kw #23 "Best Practice":pt #24 "Best Practice" :ti,ab,kw #25 "Evidence Summary":pt #26 "Evidence Summary" :ti,ab,kw #27 #15 OR #16 OR #17 OR #18 OR #19 OR #20 OR #21 OR #22 OR #23 OR #24 OR #25 OR #26 #28 #7 AND #14 AND #27</p>
EMBASE (via OVID)	<p>#1 "Insomnia"/exp #2 "Sleep Initiation and Maintenance Disorders":ti,ab,kw #3 "Sleep Disturbance":ti,ab,kw #4 "Difficulty Sleeping":ti,ab,kw #5 "Sleeplessness" :ti,ab,kw #6 "Early Awakening":ti,ab,kw #7 #1 OR #2 OR #3 OR #4 OR #5 OR #6 #8 "pregnancy"/exp #9 "pregnant":ti,ab,kw #10 "maternal":ti,ab,kw #11 "gestation":ti,ab,kw #12 "gravidity":ti,ab,kw #13 "conception":ti,ab,kw</p>

	<p>#14 #8 OR #9 OR #10 OR #11 OR #12 OR #13</p> <p>#15 "guideline":pt</p> <p>#16 "guideline":ti,ab,kw</p> <p>#17 "expert consensus":pt</p> <p>#18 "expert consensus":ti,ab,kw</p> <p>#19 "algorithms":pt</p> <p>#20 "algorithms" :ti,ab,kw</p> <p>#21 "clinical decision-making":pt</p> <p>#22 "clinical decision-making" :ti,ab,kw</p> <p>#23 "Best Practice":pt</p> <p>#24 "Best Practice" :ti,ab,kw</p> <p>#25 "Evidence Summary":pt</p> <p>#26 "Evidence Summary" :ti,ab,kw</p> <p>#27 #15 OR #16 OR #17 OR #18 OR #19 OR #20 OR #21 OR #22 OR #23 OR #24 OR #25 OR #26</p> <p>#28 #7 AND #14 AND #27</p>
China National Knowledge Infrastructure (CNKI)	(篇关摘: 失眠(模糊)) OR (篇关摘: 失眠障碍(模糊)) OR (篇关摘: 睡眠障碍(模糊)) OR (篇关摘: 睡眠-觉醒障碍(模糊)) OR (篇关摘: 不寐(模糊)) AND (篇关摘: 妊娠(模糊)) OR (篇关摘: 怀孕(模糊)) OR (篇关摘: 孕妇(模糊)) OR (篇关摘: 孕期(模糊)) AND (主题: 指南(模糊)) OR (主题: 专家共识(模糊)) OR (主题: 立场声明(模糊)) OR (主题: 诊疗方案(模糊)) OR (主题: 临床路径(模糊)) OR (主题: 临床决策(模糊)) OR (主题: 证据总结(模糊))
Wanfang database	题名或关键词:(失眠) or 题名或关键词:(失眠障碍) or 题名或关键词:(睡眠障碍) or 题名或关键词:(睡眠-觉醒障碍) or 题名或关键词:(不寐) and 题名或关键词:(妊娠) or 题名或关键词:(怀孕) or 题名或关键词:(孕妇) or 题名或关键词:(孕期) and 主题:(指南) or 主题:(专家共识) or 主题:(立场声明) or 主题:(诊疗方案) or 主题:(临床路径) or 主题:(临床决策) or 主题:(证据总结)
Chongqing VIP database (CQVIP)	篇关摘=失 OR 篇关摘=失眠障碍 OR 篇关摘=睡眠障碍 OR 篇关摘=睡眠-觉醒障碍 OR 篇关摘= 不寐 AND 篇关摘=妊娠 OR 篇关摘=怀孕 OR 篇关摘=孕妇 OR 篇关摘=孕期 AND 主题=指南 OR 主题=专家共识 OR 主题=立场声明 OR 主题=诊疗方案 OR 主题=临床路径 OR 主题=临床决策 OR 主题=证据总结
China biomedical literature service system (SinoMed)	"失眠"[常用字段:智能] OR "失眠障碍"[常用字段:智能] OR "睡眠障碍"[常用字段:智能] OR "是睡眠-觉醒障碍"[常用字段:智能] OR "不寐"[常用字段:智能] AND "妊娠"[常用字段:智能] OR "怀孕"[常用字段:智能] OR "孕妇"[常用字段:智能] OR "孕期"[常用字段:智能] AND "指南"[常用字段:智能] OR "专家共识"[常用字段:智能] OR "立场声明"[常用字段:智能] OR "诊疗方案"[常用字段:智能] OR "临床路径"[常用字段:智能] OR "临床决策"[常用字段:智能] OR "证据总结"[常用字段:智能]

APPENDIX 1.3 The literature Search in This Study is Conducted in accordance with the PRISMA-S Checklist

Section/topic	#	Checklist item	Location(s) Reported
INFORMATION SOURCES AND METHODS			
Database name	1	Name each individual database searched, stating the platform for each.	Section 2.2 Evidence Retrieval
Multi-database searching	2	If databases were searched simultaneously on a single platform, state the name of the platform, listing all of the databases searched.	N/A
Study registries	3	List any study registries searched.	N/A
Online resources and browsing	4	Describe any online or print source purposefully searched or browsed (e.g., tables of contents, print conference proceedings, web sites), and how this was done.	Section 2.2 Evidence Retrieval + Appendix 1 of the Supplementary Material
Citation searching	5	Indicate whether cited references or citing references were examined, and describe any methods used for locating cited/citing references (e.g., browsing reference lists, using a citation index, setting up email alerts for references citing included studies).	Section 2.2 Evidence Retrieval
Contacts	6	Indicate whether additional studies or data were sought by contacting authors, experts, manufacturers, or others.	Section 2.2 Evidence Retrieval
Other methods	7	Describe any additional information sources or search methods used.	Section 2.2 Evidence Retrieval
SEARCH STRATEGIES			
Full search strategies	8	Include the search strategies for each database and information source, copied and pasted exactly as run.	Appendix 1 of the Supplementary Material
Limits and restrictions	9	Specify that no limits were used, or describe any limits or restrictions applied to a search (e.g., date or time period, language, study design) and provide justification for their use.	Section 2.2 Evidence Retrieval

Search filters	10	Indicate whether published search filters were used (as originally designed or modified), and if so, cite the filter(s) used.	2.3.1 Inclusion and Exclusion Criteria
Prior work	11	Indicate when search strategies from other literature reviews were adapted or reused for a substantive part or all of the search, citing the previous review(s).	N/A
Updates	12	Report the methods used to update the search(es) (e.g., rerunning searches, email alerts).	N/A
Dates of searches	13	For each search strategy, provide the date when the last search occurred.	Section 2.2 Evidence Retrieval
PEER REVIEW			
Peer review	14	Describe any search peer review process.	Dual-Person Retrieval and Screening (2.3.2 Literature Screening)
MANAGING RECORDS			
Total Records	15	Document the total number of records identified from each database and other information sources.	Appendix 2 of the Supplementary Material
Deduplication	16	Describe the processes and any software used to deduplicate records from multiple database searches and other information sources.	Zotero, version 7.0 (Section 2.3.2 Literature Screening)

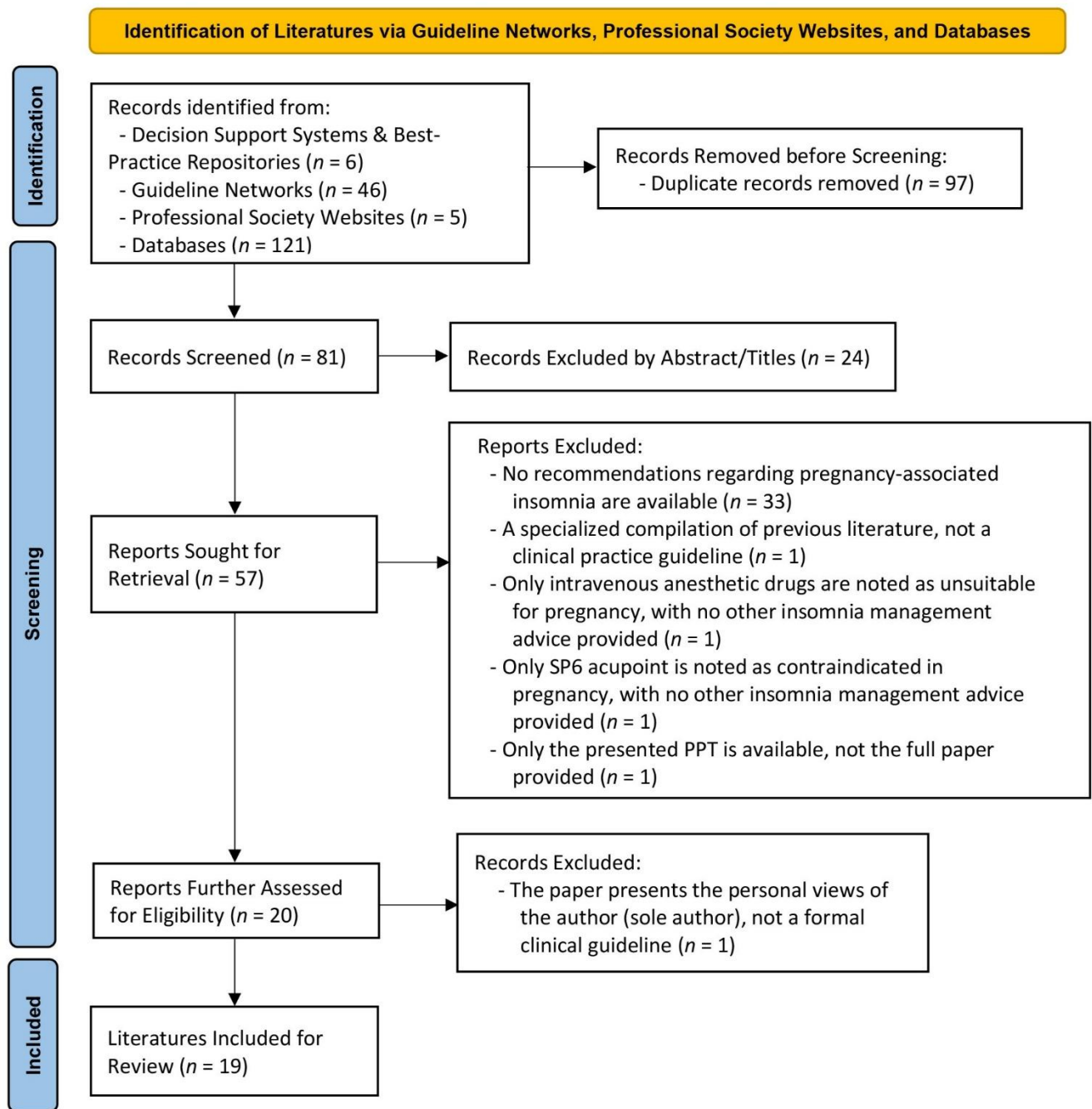
Notes: PRISMA-S Checklist was adapted from *Rethlefsen ML, Kirtley S, Waffenschmidt S, Ayala AP, Moher D, Page MJ, Koffel JB; PRISMA-S Group. PRISMA-S: an extension to the PRISMA statement for reporting literature searches in systematic reviews. J Med Libr Assoc. 2021 Apr 1;109(2):174-200. doi: 10.5195/jmla.2021.962*. Creative Commons

APPENDIX 2 JBI Grades of Recommendation

Grade A	A “Strong” recommendation for a certain health management strategy where (1) it is clear that desirable effects outweigh undesirable effects of the strategy; (2) where there is evidence of adequate quality supporting its use; (3) there is a benefit or no impact on resource use, and (4) values, preferences and the patient experience have been taken into account.
Grade B	A “Weak” recommendation for a certain health management strategy where (1) desirable effects appear to outweigh undesirable effects of the strategy, although this is not as clear; (2) where there is evidence supporting its use, although this may not be of high quality; (3) there is a benefit, no impact or minimal impact on resource use, and (4) values, preferences and the patient experience may or may not have been taken into account.
<p>The FAME (Feasibility, Appropriateness, Meaningfulness and Effectiveness) scale may help inform the wording and strength of a recommendation.</p> <p>F – Feasibility; specifically:</p> <ul style="list-style-type: none">• What is the cost effectiveness of the practice?• Is the resource/practice available?• Is there sufficient experience/levels of competency available? <p>A – Appropriateness; specifically:</p> <ul style="list-style-type: none">• Is it culturally acceptable?• Is it transferable/applicable to the majority of the population?• Is it easily adaptable to a variety of circumstances? <p>M – Meaningfulness; specifically:</p> <ul style="list-style-type: none">• Is it associated with positive experiences?• Is it not associated with negative experiences? <p>E – Effectiveness; specifically:</p> <ul style="list-style-type: none">• Was there a beneficial effect?• Is it safe? (i.e., is there a lack of harm associated with the practice?)	

Notes: The *JBI Grades of Recommendation* can be accessed via the JBI website [Source: https://jbi.global/sites/default/files/2019-05/JBI-grades-of-recommendation_2014.pdf].

APPENDIX 3 Flow Diagram of the Literature Selection



Notes: PRISMA Figure was adapted from Page MJ, McKenzie JE, Bossuyt PM, *et al.* The PRISMA 2020 statement: an updated guideline for reporting systematic reviews. *BMJ*, 2021; 372: n71 doi:10.1136/bmj.n71. Creative Commons

APPENDIX 4 Detailed Information Regarding Excluded Literature

References	Reasons for Exclusion
Auger RR, Burgess HJ, Emens JS, Deriy LV, Thomas SM, Sharkey KM. Clinical Practice Guideline for the Treatment of Intrinsic Circadian Rhythm Sleep-Wake Disorders: Advanced Sleep-Wake Phase Disorder (ASWPD), Delayed Sleep-Wake Phase Disorder (DSWPD), Non-24-Hour Sleep-Wake Rhythm Disorder (N24SWD), and Irregular Sleep-Wake Rhythm Disorder (ISWRD). An Update for 2015: An American Academy of Sleep Medicine Clinical Practice Guideline. <i>J Clin Sleep Med</i> . 2015 Oct 15;11(10):1199-236.	No recommendations regarding pregnancy-associated insomnia are available.
Brasure M, Fuchs E, MacDonald R, Nelson VA, Koffel E, Olson CM, Khawaja IS, Diem S, Carlyle M, Wilt TJ, Ouellette J, Butler M, Kane RL. Psychological and Behavioral Interventions for Managing Insomnia Disorder: An Evidence Report for a Clinical Practice Guideline by the American College of Physicians. <i>Ann Intern Med</i> . 2016 Jul 19;165(2):113-24.	No recommendations regarding pregnancy-associated insomnia are available.
Chinese Association of Traditional Chinese Medicine. Clinical Diagnosis and Treatment Guidelines for Mental Diseases with Integrated Traditional Chinese and Western Medicine: Non-Organic Insomnia. Available on: https://www.cacm.org.cn/	No recommendations regarding pregnancy-associated insomnia are available.
Chinese Sleep Research Society. Chinese Expert Consensus on the Diagnosis and Treatment of Insomnia in Primary Medical Institutions. <i>National Medical Journal of China</i> , 2024, 104(25): 2296-2307.	No recommendations regarding pregnancy-associated insomnia are available.
Choi H, Youn S, Um YH, Kim TW, Ju G, Lee HJ, Lee C, Lee SD, Bae K, Kim SJ, Lee JH, Kim T, Chung S. Korean Clinical Practice Guideline for the Diagnosis and Treatment of Insomnia in Adults. <i>Psychiatry Investig</i> . 2020 Nov;17(11):1048-1059.	No recommendations regarding pregnancy-associated insomnia are available.
Consensus Expert Group on the Definition, Diagnosis and Pharmacotherapy of Insomnia. Expert Consensus on the Definition, Diagnosis and Pharmacotherapy of Insomnia (Draft). <i>Chinese Journal of Neurology</i> , 2006, 39(2): 141-143.	No recommendations regarding pregnancy-associated insomnia are available.
Daridorexant for treating long-term insomnia. London: National Institute for Health and Care Excellence (NICE); 2023 Oct 18. Available on: https://www.ncbi.nlm.nih.gov/books/NBK613235/	No recommendations regarding pregnancy-associated insomnia are available.
Edinger JD, Arnedt JT, Bertisch SM, Carney CE, Harrington JJ, Lichstein KL, Sateia MJ, Troxel WM, Zhou ES, Kazmi U, Heald JL, Martin JL. Behavioral and psychological treatments for chronic insomnia disorder in adults: an American Academy of Sleep Medicine clinical practice guideline. <i>J Clin Sleep Med</i> . 2021 Feb 1;17(2):255-262.	No recommendations regarding pregnancy-associated insomnia are available.
Expert Group of Psychosomatic Medicine Branch, Chinese Association of Traditional Chinese Medicine. Expert Consensus on Clinical Application of Bailemian Capsules in the Treatment of Insomnia. <i>China Journal of Chinese Materia Medica</i> , 2024, 49(20): 5635-5642.	No recommendations regarding pregnancy-associated insomnia are available.

Guangdong Provincial Association of Traditional Chinese Medicine. Integrated Chinese and Western Medicine guidelines for the diagnosis and treatment of Insomnia Disorders. Available on: https://www.ttbz.org.cn/	No recommendations regarding pregnancy-associated insomnia are available.
Guidance on the use of zaleplon, zolpidem and zopiclone for the short-term management of insomnia. London: National Institute for Health and Care Excellence (NICE); 28 April 2004. Available on: https://www.nice.org.uk/guidance/ta77	No recommendations regarding pregnancy-associated insomnia are available.
Howell M, Avidan AY, Foldvary-Schaefer N, Malkani RG, Doring EH, Roland JP, McCarter SJ, Zak RS, Carandang G, Kazmi U, Ramar K. Management of REM sleep behavior disorder: an American Academy of Sleep Medicine clinical practice guideline. <i>J Clin Sleep Med</i> . 2023 Apr 1;19(4):759-768.	No recommendations regarding pregnancy-associated insomnia are available.
Howland RH. Prescribing psychotropic medications during pregnancy and lactation: principles and guidelines. <i>Journal of Psychosocial Nursing and Mental Health Services</i> . 2009 May 1;47(5):19-23.	This paper presents the personal views of the author (sole author), not a formal clinical guideline.
Insomnia Clinical Practice Guidelines Task Force, China Academy of Chinese Medical Sciences. Clinical Practice Guidelines for Insomnia in Traditional Chinese Medicine (WHO/WPO). <i>World Journal of Sleep Medicine</i> , 2016, 3(1): 8-25.	No recommendations regarding pregnancy-associated insomnia are available.
Liu YJ. Expert Consensus on Traditional Chinese Medicine Psychotherapy for Insomnia. Proceedings of the Conference on Standardization and Internationalization of Traditional Chinese Medicine Psychotherapy for Insomnia. Beijing, China, 2008: 92-96.	No recommendations regarding pregnancy-associated insomnia are available.
Lu L. Chinese Guidelines for the Comprehensive Prevention and Treatment of Insomnia Disorder. People's Medical Publishing House: 2019.	A specialized compilation of previous literature, not a clinical practice guideline
Malan L, Dlamini N. Clinical practice guidelines for insomnia disorder. <i>South African Family Practice</i> . 2017:45-51.	No recommendations regarding pregnancy-associated insomnia are available.
Mental Health Branch, Sichuan Preventive Medicine Association; Sleep Medicine Committee, Sichuan Gerontology Society. Expert Consensus on the Application of Intravenous Anesthetic Agents for Refractory Insomnia Disorder. <i>Practical Journal of Clinical Medicine</i> , 2025, 22(4): 63-69.	Only intravenous anesthetic drugs are noted as unsuitable for pregnancy, with no other insomnia management advice provided.
Morin CM, Khullar A, Robillard R, Desautels A, Mak MSB, Dang-Vu TT, Chow W, Habert J, Lessard S, Alima L, Ayas NT, MacFarlane J, Kendzerska T, Lee EK, Carney CE. Delphi consensus recommendations for the management of chronic insomnia in Canada. <i>Sleep Med</i> . 2024 Dec; 124:598-605.	No recommendations regarding pregnancy-associated insomnia are available.
Pinto LR Jr, Alves RC, Caixeta E, Fontenelle JA, Bacellar A, Poyares D, Aloe F, Rizzo G, Minhoto G, Bittencourt LR, Ataíde L Jr, Assis M, Pradella-Hallinan M, Pinto MC, Rodrigues RN, Hasan R, Fonseca R, Tavares S. New guidelines for diagnosis and treatment of insomnia. <i>Arq Neuropsiquiatr</i> . 2010 Aug;68(4):666-75.	No recommendations regarding pregnancy-associated insomnia are available.
Psychiatric Disorders Committee, Chinese Association of Integrative Medicine; Psychosomatic Medicine Committee, Chinese Association of Integrative Medicine. Expert Consensus on the Diagnosis and Treatment of Insomnia Disorder with Integrated Traditional Chinese and Western Medicine[J/OL]. <i>Chinese Journal of New Drugs</i> , 1-12 [2026-02-20].	Only SP6 acupoint is noted as contraindicated in pregnancy, with no other insomnia management advice provided.

Qaseem A, Kansagara D, Forcica MA, Cooke M, Denberg TD; Clinical Guidelines Committee of the American College of Physicians. Management of Chronic Insomnia Disorder in Adults: A Clinical Practice Guideline From the American College of Physicians. <i>Ann Intern Med</i> . 2016 Jul 19;165(2):125-33.	No recommendations regarding pregnancy-associated insomnia are available.
Riemann D, Baglioni C, Bassetti C, Bjorvatn B, Dolenc Groselj L, Ellis JG, Espie CA, Garcia-Borreguero D, Gjerstad M, Gonçalves M, Hertenstein E, Jansson-Fröjmark M, Jennum PJ, Leger D, Nissen C, Parrino L, Paunio T, Pevernagie D, Verbraecken J, Weeß HG, Wichniak A, Zavalko I, Arnardottir ES, Deleanu OC, Strazisar B, Zoetmulder M, Spiegelhalder K. European guideline for the diagnosis and treatment of insomnia. <i>J Sleep Res</i> . 2017 Dec;26(6):675-700.	No recommendations regarding pregnancy-associated insomnia are available.
Riemann D, Espie CA, Altena E, Arnardottir ES, Baglioni C, Bassetti CLA, Bastien C, Berzina N, Bjorvatn B, Dikeos D, Dolenc Groselj L, Ellis JG, Garcia-Borreguero D, Geoffroy PA, Gjerstad M, Gonçalves M, Hertenstein E, Hoedlmoser K, Hion T, Holzinger B, Janku K, Jansson-Fröjmark M, Järnefelt H, Jernelöv S, Jennum PJ, Khachatryan S, Krone L, Kyle SD, Lancee J, Leger D, Lupusor A, Marques DR, Nissen C, Palagini L, Paunio T, Perogamvros L, Pevernagie D, Schabus M, Shochat T, Szentkiralyi A, Van Someren E, van Straten A, Wichniak A, Verbraecken J, Spiegelhalder K. The European Insomnia Guideline: An update on the diagnosis and treatment of insomnia 2023. <i>J Sleep Res</i> . 2023 Dec;32(6): e14035.	No recommendations regarding pregnancy-associated insomnia are available.
Research Group of the Research and Demonstration Project on Prevention and Treatment of Mental Disorders. Clinical Practice Guidelines for Individualized Traditional Chinese Medicine Treatment of Insomnia. <i>World Journal of Sleep Medicine</i> , 2016, 3(2): 65-79.	No recommendations regarding pregnancy-associated insomnia are available.
Rosenberg RP, Benca R, Doghramji P, Roth T. A 2023 Update on Managing Insomnia in Primary Care: Insights From an Expert Consensus Group. <i>Prim Care Companion CNS Disord</i> . 2023 Jan 24;25(1):22nr03385.	No recommendations regarding pregnancy-associated insomnia are available.
Sateia MJ, Buysse DJ, Krystal AD, Neubauer DN, Heald JL. Clinical Practice Guideline for the Pharmacologic Treatment of Chronic Insomnia in Adults: An American Academy of Sleep Medicine Clinical Practice Guideline. <i>J Clin Sleep Med</i> . 2017 Feb 15;13(2):307-349.	No recommendations regarding pregnancy-associated insomnia are available.
Sleep Branch, Chinese Association of Ethnic Medicine. Expert Consensus on the Treatment of Adult Insomnia with Ethnic Medicine in China. <i>Journal of Beijing University of Traditional Chinese Medicine</i> , 2022, 45(1): 21-28.	No recommendations regarding pregnancy-associated insomnia are available.
Sleep Disorders Study Group, Neurology Society, Chinese Medical Association. Chinese Expert Consensus on the Diagnosis and Treatment of Insomnia with Depression and Anxiety in Adults. <i>Chinese Journal of Neurology</i> , 2020, 53(8): 564-574.	No recommendations regarding pregnancy-associated insomnia are available.
Sleep Medicine Professional Committee of the Cross-Strait Medical and Health Exchange Association. Chinese Expert Consensus on the Clinical Application of Trazodone. <i>National Medical Journal of China</i> , 2022, 102(7): 468-478.	No recommendations regarding pregnancy-associated insomnia are available.
Sleep Disorders Study Group, Neurology Society, Chinese Medical Association; Sleep Group of Neurology Branch of Chinese Medical Doctor Association. Guidelines for the Treatment of Chronic Insomnia Comorbid with Common Neuropsychiatric Disorders in Adults (2025 Edition). <i>Chinese Journal of Internal Medicine</i> , 2026, 65(1): 18-44.	No recommendations regarding pregnancy-associated insomnia are available.

Sleep Disorders Group, Neurology Society, Chinese Medical Doctor Association. Expert Consensus on Cognitive Behavioral Therapy for Insomnia Combined with Medication or Physical Therapy for the Treatment of Insomnia. <i>Chinese Journal of Practical Internal Medicine</i> , 2025, 45(7): 576-587.	No recommendations regarding pregnancy-associated insomnia are available.
Schutte-Rodin S, Broch L, Buysse D, Dorsey C, Sateia M. Clinical guideline for the evaluation and management of chronic insomnia in adults. <i>J Clin Sleep Med</i> . 2008 Oct 15;4(5):487-504.	No recommendations regarding pregnancy-associated insomnia are available.
Specialized Working Group on Clinical Practice of Stellate Ganglion Block for Insomnia, Guangdong Health Science Popularization and Promotion Association. Expert Consensus on Clinical Practice of Stellate Ganglion Block for the Treatment of Insomnia. <i>Journal of New Medicine</i> , 2025, 56(12): 1155-1163.	No recommendations regarding pregnancy-associated insomnia are available.
Standardization Project Group of the Clinical Application Guide for Chinese Patent Medicines in the Treatment of Insomnia. Clinical Application Guide for Chinese Patent Medicines in the Treatment of Insomnia (2023). <i>Chinese Journal of Integrated Traditional and Western Medicine</i> , 2025, 45(6): 649-656.	No recommendations regarding pregnancy-associated insomnia are available.
VA/DOD Clinical Practice Guidelines. The Management of Chronic Insomnia Disorder and Obstructive Sleep Apnea (Insomnia/OSA) (2025). Available on: https://www.healthquality.va.gov/guidelines/CD/insomnia/index.asp	No recommendations regarding pregnancy-associated insomnia are available.
Wang J, Fang L, Ge L, Yu X. Clinical Practice Guidelines for Integrated Traditional Chinese and Western Medicine Rehabilitation of Insomnia. <i>Shanghai Journal of Traditional Chinese Medicine</i> , 2025, 59(1): 1-6.	No recommendations regarding pregnancy-associated insomnia are available.
Xu T. Integrated Traditional Chinese and Western Medicine Diagnosis and Treatment of Sleep Disorders (Insomnia Guidelines). Special Reports and Paper Compilation of the 14th Annual Academic Conference of the Professional Committee of Mental Diseases, Chinese Association of Integrative Medicine and the First International Training Course on Research Progress in Integrative Medicine for Mental Diseases. 2015:12-21.	Only the presented PPT is available, not the full paper provided.

APPENDIX 5 Characteristics of the Included Literature

Author/Organization	Publication Year	Publication Language	Literature Resource	Type of Literature	Literature Theme
Chen <i>et al.</i> [38]	2024	Chinese	CQVIP	Expert Consensus Statement	Expert Consensus on Diagnosis and Treatment of Insomnia in Specific Populations
Drager <i>et al.</i> [17]	2023	English	MEDLINE	Guideline	Guidelines on the Diagnosis and Treatment of Insomnia in Adults (2023 Version)
Estivill <i>et al.</i> [65]	2003	English	MEDLINE	Expert Consensus Statement	Consensus on Drug Treatment, Definition and Diagnosis for Insomnia
Hashmi <i>et al.</i> [36]	2016	English	MEDLINE	Evidence Summary	Diagnosis and Rational Interventions
Ho <i>et al.</i> [41]	2025	English	Embase	Expert Consensus Statement	Pharmacological Management of Chronic Insomnia Disorder in Singapore: Recommendations from An Expert Panel
Li 2023 [42]	2023	Chinese	CNKI	Guideline	Guidelines for the Integrated Medicine Diagnosis and Treatment of Insomnia Disorder
McAllister-Williams <i>et al.</i> [37]	2017	English	MEDLINE	Expert Consensus Statement	British Association for Psychopharmacology Consensus Guidance on the Use of Psychotropic Medication Preconception, in Pregnancy and Postpartum
Palagini <i>et al.</i> [16]	2022	English	MEDLINE	Clinical Decision Aid	Insomnia Evaluation and Treatment During Peripartum: A Joint Position Paper from the European Insomnia Network Task force "Sleep and Women," The Italian Marcè Society and International Experts Task Force for Perinatal Mental Health
Wilson <i>et al.</i> [19]	2019	English	MEDLINE	Expert Consensus Statement	British Association for Psychopharmacology Consensus Statement on Evidence-Based Treatment of Insomnia, parasomnias and Circadian Rhythm Disorders: An Update
Collaborative Group on Perinatal Mental Disorders, Psychosomatic Medicine Branch, Chinese Medical Association [39]	2023	Chinese	CQVIP	Expert Consensus Statement	Expert Consensus on Screening, Diagnosis and Treatment of Perinatal Mental Disorders
Chinese Sleep Research Society [21]	2017	Chinese	CQVIP	Guideline	Guidelines for the Diagnosis and Treatment of Insomnia in China (2017 Edition)
Chinese Sleep Research Society [40]	2024	Chinese	CNKI	Expert Consensus Statements	Chinese Expert Consensus on Digital Therapeutics for Insomnia
Chinese Sleep Research Society [18]	2025	Chinese	CQVIP	Guideline	Guidelines for the Diagnosis and Treatment of Insomnia (2025 Edition)

Mental Disorders Committee & Psychosomatic Medicine Committee, Chinese Association of Integrative Medicine [43]	2026	Chinese	CNKI	Expert Consensus Statements	Expert Consensus on Integrative Medicine for the Diagnosis and Treatment of Insomnia Disorder
Sleep Disorders Group, Neurology Society, Chinese Medical Doctor Association [35]	2025	Chinese	CQVIP	Expert Consensus Statements	Expert Consensus on Intelligent Hierarchical Diagnosis, Treatment and Prognostic Assessment of Insomnia Disorder
Sleep Disorders Study Group, Neurology Society, Chinese Medical Association [32]	2012	Chinese	CQVIP	Guideline	Guidelines for the Diagnosis and Treatment of Adult Insomnia in China (2012 Edition)
Sleep Disorders Study Group, Neurology Society, Chinese Medical Association [33]	2018	Chinese	CQVIP	Guideline	Guidelines for the Diagnosis and Treatment of Adult Insomnia in China (2017 Edition)
Sleep Disorders Study Group, Neurology Society, Chinese Medical Association [34]	2024	Chinese	CQVIP	Guideline	Guidelines for the Diagnosis and Treatment of Adult Insomnia in China (2023 Edition)
National Institute for Health and Care Excellence (NICE) [20]	2020	English	NICE	Guideline	Antenatal and Postnatal Mental Health: Clinical Management and Service Guidance

APPENDIX 6 Quality Appraisal Results for Clinical Practice Guidelines Using the *AGREE II Instrument*

Guidelines for Inclusion	Standardized scores for each area (%)						≥ 60% Number of Fields (Number)	≥ 30% Number of Fields (Number)	Recommended Grade (Level)
	Scope and Purpose	Participants	Rigor of Formulation	Clarity of Guidance	Guidelines for Applicability	Editorial Independence			
Drager <i>et al.</i> [17]	91.7	69.4	86.5	93.1	61.5	83.3	6	6	A
Li 2023 [42]	88.9	55.6	76.6	88.9	35.4	70.8	4	6	B
Chinese Sleep Research Society [21]	86.1	68.1	77.6	61.1	33.3	22.9	4	5	B
Chinese Sleep Research Society [18]	88.9	70.8	96.9	91.7	51.0	72.9	5	6	B
Sleep Disorders Study Group, Neurology Society, Chinese Medical Association [32]	84.7	61.1	60.4	90.3	30.2	18.8	4	5	B
Sleep Disorders Study Group, Neurology Society, Chinese Medical Association [33]	88.9	69.4	63.0	87.5	41.7	62.5	5	6	B
Sleep Disorders Study Group, Neurology Society, Chinese Medical Association [34]	93.1	73.6	64.6	90.3	37.5	64.6	5	6	B
National Institute for Health and Care Excellence (NICE) [20]	94.4	84.7	87.5	91.7	69.8	95.8	6	6	A

APPENDIX 7 Quality Appraisal Results for Expert Consensus Statements Using the JBI Critical Appraisal Checklist for Textual Evidence: Expert Opinion

Consensus Statements for Inclusion	Items (Yes/No/Unclear/Not Applicable)						Overall appraisal (Include/Exclude/Seek Further Info)
	①	②	③	④	⑤	⑥	
Collaborative Group on Perinatal Mental Disorders, Psychosomatic Medicine Branch, Chinese Medical Association [39]	Yes	Yes	Yes	Unclear	Yes	Not Applicable	Include
Chen <i>et al.</i> [38]	Yes	Yes	Yes	Yes	Yes	Not Applicable	Include
Estivill <i>et al.</i> [65]	Yes	Yes	Yes	Yes	Yes	Not Applicable	Include
Ho <i>et al.</i> [41]	Yes	Yes	Yes	Yes	Yes	Not Applicable	Include
McAllister-Williams <i>et al.</i> [37]	Yes	Yes	Yes	Yes	Yes	Not Applicable	Include
Wilson <i>et al.</i> [19]	Yes	Yes	Yes	Yes	Yes	Yes	Include
Chinese Sleep Research Society [40]	Yes	Yes	Yes	Yes	Yes	Not Applicable	Include
Mental Disorders Committee & Psychosomatic Medicine Committee, Chinese Association of Integrative Medicine [43]	Yes	Yes	Yes	Yes	Yes	Not Applicable	Include
Sleep Disorders Group, Neurology Society, Chinese Medical Doctor Association [35]	Yes	Yes	Yes	Yes	No	Not Applicable	Include
Notes: ① Is the source of the opinion clearly identified? ② Does the source of opinion have standing in the field of expertise? ③ Are the interests of the relevant population the central focus of the opinion? ④ Does the opinion demonstrate a logically defended argument to support the conclusions drawn? ⑤ Is there reference to the extant literature? ⑥ Is any incongruence with the literature/sources logically defended?							

APPENDIX 8 Quality Appraisal Results for Evidence Summaries Using the *Revised CASE Worksheet*

Domain	Item	Evaluation Results (Yes/No/Not Completely)
		Hashmi <i>et al.</i> [36]
Summary topic	1. Is the summary specific in scope and application?	Yes
Summary methods	2. Is the authorship of the summary transparent?	Yes
	3. Are the reviewer(s)/editor(s) of the summary transparent?	No
	4. Are the search methods transparent and comprehensive?	Not Completely
	5. Is the evidence graded and is the system transparent and translatable	Yes
Summary content	6. Are the recommendations clear?	Yes
	7. Are the recommendations appropriately cited?	Not Completely
	8. Are the recommendations current?	No
	9. Is the summary free of possible bias?	Yes
Summary application	10. Can this summary be applied to your patient(s)?	Yes
Quality of Evidence		Moderate

APPENDIX 9 Quality Appraisal Results for Algorithms and Clinical Decision Aids

Included Clinical Decision-Making/Algorithm	Study Type	Original Literature (CPG, Consensus, Systematic Review) on which the Clinical Decision/Algorithm is Based	Quality of the Original Literature	Quality of the Clinical Decision/Algorithm
Palagini <i>et al.</i> [16]	Clinical Decision Aid	Guideline by National Institute for Health and Care Excellence (NICE) [20]	Level A	Level A