

Manuscript title: A systematic review of instruments for the assessment of insomnia and sleep hygiene practices among adults

SUPPLEMENTARY MATERIAL

Complete database searches:

1. PubMed (1966-April 2018)

Date	Combination of terms used	Results	Limitations	Results after limitation
28/3	(sleep disorders AND insomnia*) AND (Instrument OR questionnaire OR measure OR scale)	3786	Observational studies, validation studies human studies English Arabic Adults (19-65+)	99
28/3	<i>(Insomnia OR sleep deprivation) AND (Instrument OR subjective measure OR questionnaire)</i>	6387	Validation studies Observational studies Human English Arabic Adults (19-65+)	148
7/4	(sleep quality OR dyssomnias OR daytime sleepiness) AND (instrument OR questionnaire OR scale)	23529	Validation studies Human English Arabic Adults (19-65+)	394
7/4	<i>(Sleep hygiene OR sleep habits OR sleep practices) AND (Instrument OR questionnaire OR measure*)</i>	3258	Validation studies Observational studies Human English Arabic Adults (19-65+)	40
28/3	(("sleep arousal disorders" OR "sleep disturbance") AND insomnia* OR sleepiness)	15989	Validation studies Human English	135

	AND (Instrument OR questionnaire OR scale OR measure)		Arabic Adults (19-65+)	
7/4	("sleep efficiency" OR "sleep dissatisfaction") AND (Instrument OR questionnaire OR scale OR measure)	1480	Validation studies Observational studies Human English Arabic Adults (19-65+)	41
7/4	("sleep disorders" OR "sleep quality" OR "sleep deprivation" OR "sleepiness" OR "insomnia" OR "sleep dysfunction" OR "dyssomnias" OR "sleep arousal disorders") AND (instrument OR tool OR scale OR questionnaire OR survey OR "patient-reported outcomes") AND ("validation studies" OR "psychometric properties")	451	No study limits Human English Arabic Adults (19-65+)	320
Total number of articles = 1,197				

2. Embase (1980-April 2018)

Date	Combination of terms used	Results	Limitations	Results after limitation
26/3	('sleep arousal disorder'/exp OR 'sleep arousal disorder' OR 'insomnia'/exp OR 'insomnia' OR 'sleep quality'/exp OR 'sleep quality' OR 'daytime somnolence'/exp OR 'daytime somnolence') AND ('questionnaire'/exp OR 'questionnaire' OR 'scale'/exp OR scale OR measure) AND ('validation study'/exp OR 'validation study')	204	Diseases: Insomnia, daytime somnolence and sleep disorders Somnolence -Human -questionnaire Validation studies Observational studies -cross sectional -Validation process - Age (young adults to very elderly) Publication type: Articles Conference abstracts Conference papers Reviews	109
27/3	('sleep hygiene'/exp OR 'sleep hygiene' OR 'sleep habit' OR 'sleep practices') AND (instrument OR 'questionnaire' OR scale OR measure) AND 'validation'	26	Diseases: Insomnia, daytime somnolence and sleep disorders Somnolence -Human -questionnaire Validation studies -Instrument validation -Validation process	7 (alert)

			<p>-cross-sectional, retrospective studies</p> <p>Age (young adults to very elderly)</p> <p>Publication type: -Articles -Conference abstracts</p>	
27/3	<p>('sleep habit'/exp OR 'sleep habit' OR 'sleep hygiene'/exp OR 'sleep hygiene')</p> <p>AND</p> <p>('questionnaire'/exp OR 'questionnaire' OR 'survey'/exp OR 'survey')</p> <p>*The option (search as broadly as possible was selected from the Embase mapping options)</p>	<p>864</p> <p>(525 articles from Embase, 116 from Medline)</p> <p>223 (both)</p>	<p><i>Diseases:</i> Insomnia, daytime somnolence and sleep disorders Somnolence</p> <p><i>Study type:</i> -Human -questionnaire -longitudinal studies -structured questionnaires -cross-sectional, -Prospective studies</p> <p><i>Publication type:</i> All (including conference abstracts, conference papers and review)</p> <p>(except letter and editorials)</p> <p><i>Age</i> (young adults to very elderly)</p>	<p>258</p> <p>(91 from Embase)</p>
27/3	<p>('insomnia'/syn OR 'sleep quality'/syn OR 'sleep disturbance'/syn)</p> <p>AND</p>	<p>980</p>	<p><i>Diseases:</i> Insomnia, daytime somnolence and sleep disorders Somnolence Drowsiness</p>	<p>330 (Alert)</p>

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	'questionnaire'/syn AND 'validation'/syn		<i>Study type:</i> -Human -questionnaire -validation studies -validation process - Instrument validation -cross-sectional, -Prospective studies <i>Publication type:</i> Articles, conference abstracts, conference papers	
EMBASE Total =706				