

## Appendix

### Appendix 1 Eligibility criteria of this overview based on PICOS

	Inclusion	Exclusion
<b>Type of review</b>	SR, MA, or SR with MA	other type of reviews
<b>Type of original studies in SRs/MAs</b>	RCTs or quasi-RCTs	other type of trials
<b>Participants in SRs/MAs</b>	women with PMI	women with pre- or post- menopausal insomnia, or women with PMI combined with other physical or mental illness
<b>Treatment group in SRs/MAs</b>	(i) acupuncture (ii) acupuncture combined with CBT-I, or drug (CHM, psychotropic substances, HRT, and/or oryzanol)	Tui-na/massage, Gua-sha (scraping therapy), cupping, or other TCM-related therapies
<b>Control group in SRs/MAs</b>	(i) waitlist control/blank control (ii) placebo-/sham- acupuncture (iii) CBT-I, or drug (CHM, psychotropic substances, HRT, and/or oryzanol)	(i) acupuncture (ii) acupuncture combined with other therapies
<b>Outcomes in SRs/MAs</b>	(i) primary outcome: subjective and/or objective indices related to sleep, and/or total clinical effectiveness rate (ii) secondary outcomes: scales/questionnaires related to mood, climacteric symptoms, and/or quality of life, and/or reproductive hormone levels (iii) adverse events	SR/MA without any primary outcome
<p><b>Notes:</b> acupuncture includes traditional needle acupuncture (manual acupuncture and electroacupuncture stimulating on any part of human body), and modified forms of acupuncture (fire acupuncture, laser acupuncture, auricular therapy, triangle-edged needle, cutaneous acupuncture, intradermal/thumbtack needling, acupoint application, catgut implantation at acupoint, and moxibustion)</p> <p><b>Abbreviations:</b> SR, systematic review; MA, meta-analysis; RCTs, randomized controlled trials; TCM, traditional Chinese medicine; CHM, Chinese herbal medicine; PMI, perimenopausal insomnia; HRT, hormone replacement therapy; CBT-I, cognitive behavioral therapy for insomnia</p>		

## Appendix 2 Search strategy

The following search strategy was used for MEDLINE via PubMed while it was also suitable for other English and Chinese electronic databases.

Number	Search terms
#1	insomnia [MeSH Terms]
#2	insomnia [TIAB]
#3	sleepless [TIAB]
#4	sleep disorder [TIAB]
#5	sleep initiation dysfunction [TIAB]
#6	sleep maintain dysfunction [TIAB]
#7	#1 or #2 or #3 or #4 or #5 or #6
#8	acupuncture [MeSH Terms]
#9	acupuncture [TIAB]
#10	electropuncture [TIAB]
#11	manual acupuncture [TIAB]
#12	auricular acupuncture [TIAB]
#13	acupuncture point [TIAB]
#14	acupoint [TIAB]
#15	#8 or #9 or #10 or #11 or #12 or #13 or #14
#16	menopause [TIAB]
#17	climacteric [TIAB]
#18	climacterium [TIAB]
#19	perimenopause [TIAB]
#20	# 16 or #17 or #18 or #19
#21	meta analysis [MeSH Terms]
#22	systematic review [TIAB]
#23	meta-analysis [TIAB]
#24	meta-analyses [TIAB]
#25	meta [TIAB]
#26	#21 or #22 or #23 or #24 or #25
#27	#7 and #15 and #20 and #26

### Appendix 3 Detailed information for excluded SRs/MAs

References	Reasons for exclusion
Peng YJ, Zhong LL, Huang YC, Li ZP. Systematic review of therapeutic efficacy and safety of acupuncture therapy for treatment of perimenopausal insomnia in comparison with Western medicine [article in Chinese]. <i>J Guangzhou Univ Tradit Chin Med</i> , 2021; 38(4):846-854.	treatment group included cupping therapy
Ni YY, Wang QC, Zhang W, Zhang W, Xie F, Wang JC, Li YW. Meta-analysis of the curative effect of acupuncture on perimenopausal insomnia [article in Chinese]. <i>Maternal and Child Health Care of China</i> , 2021; 36(8):1942-1946.	control group included acupuncture (catgut implantation at acupoint)
Peng SQ, Ding YL, Hong SM, Yan XN, Xiao SW. Meta-analysis of the effect of auricular acupoint plaster therapy in patients with perimenopausal insomnia [article in Chinese]. <i>China Health Standard Management</i> , 2020; 11(6):103-106.	control group included acupuncture (auricular therapy)
Chiu HY, Hsieh YJ, Tsai PS. Acupuncture to reduce sleep disturbances in perimenopausal and postmenopausal women: A systematic review and meta-analysis. <i>Obstet Gynecol</i> , 2016; 127(3):507-515.	treatment group included Tui-na/massage; subjects contained peri- and post- menopausal women
Fan Y. Literature and clinical study of acupuncture combined with intradermal acupuncture in the treatment of perimenopausal insomnia [article in Chinese]. <i>Doctorate thesis</i> , 2015; Guangzhou University of Chinese Medicine.	treatment group included Guasha (scraping therapy)
Wu XL, Jiang XY, Cai YM, Hu R, Yang XL, Xie WY. Effect of Chinese medicine physiotherapy on sleep quality of perimenopausal women: a meta-analysis [article in Chinese]. <i>Chinese Journal of Social Medicine</i> , 2020; 37(2):197-201.	treatment group included Guasha (scraping therapy)

**Appendix 4 Six-dimension multivariate assessment and rank of included SRs/MAs**

Study	Year of publication	Type of study	AMSTAR-2 score	PRISMA score	Homogeneity	Publication bias	Average score of rank number in each study/Veritas score
He <i>et al</i> 2021 [25]	2021 (9)	RCTs (9)	12.5 (8)	24.5 (8)	Moderate (6)	Assessed [Funnel plot] (9)	8.2
Li <i>et al</i> 2020 [26]	2020 (5)	RCTs (9)	10 (3)	20.5 (2)	Low (4)	Not assessed (2)	4.2
Ma <i>et al</i> 2020 [27]	2020 (5)	RCTs (9)	11 (6)	23.5 (5)	High (9)	Partially assessed [n ≤ 10] (4)	6.3
Wang 2021 [28]	2021 (9)	RCTs (9)	11 (6)	24.5 (8)	High (9)	Assessed [Funnel plot] (9)	8.3
Zhang <i>et al</i> 2016 [29]	2016 (2)	RCTs (9)	11.5 (7)	23 (4)	High (9)	Assessed [Funnel plot] (9)	6.7
Zhang <i>et al</i> 2012 [30]	2012 (1)	RCTs (9)	9 (1)	22 (3)	Low (4)	Not assessed (2)	3.3
Zhao <i>et al</i> 2021 [11]	2021 (9)	RCTs (9)	15 (9)	27 (9)	Low (4)	Assessed [Egger's test] (9)	8.2
Zhou <i>et al</i> 2020 [31]	2020 (5)	RCTs (9)	10 (3)	20.5 (2)	Moderate (6)	Partially assessed [no description of method] (4)	4.8
Jiang <i>et al</i> 2021 [32]	2021 (9)	RCTs (9)	11 (6)	24 (6)	Low (4)	Assessed [Funnel plot + Egger's test] (9)	7.2
Average score of rank number in each dimension	6.0	9.0	5.4	5.2	6.1	6.3	6.4

**Abbreviations:** RCTs, randomized controlled trials