Records identified through database searching (Medline, Central, EMBASE, PSYCinfo) (n = 380)

Additional records identified through other sources (n = 0)

Records after duplicates removed (n = 244)

Records screened (n = 244)

Records excluded based on title/abstract (n = 221)

Full-text articles assessed for eligibility (n = 20)

Articles excluded (n = 15)
  Not RCT: 1
  Previously reported: 2
  Too few patients: 5
  Intervention did not meet inclusion criteria: 4
  Did not compare CBT-I to medication: 2
  Sleep outcomes NR: 1

Studies included in qualitative synthesis (n = 5)

Studies included in quantitative synthesis (meta-analysis) (n = 0)