

Appendix Excluded reports after full-text assessment, with exclusion reason

ADHD

Report	Exclusion criteria
- . A study on effect of sleep training program in children with ADHD: a comparative prospective study. Indian journal of psychiatry, 2019. 61(9): p. S360-.	Publication type
Actrn, Sleeping Sound in Adolescence: a research project aiming to improve sleep in adolescents with ADHD. http://www.who.int/trialsearch/Trial2.aspx?TrialID=ACTRN12620000374965 , 2020.	Publication type
Adkins, K.W., et al., Effects of a standardized pamphlet on insomnia in children with autism spectrum disorders. Pediatrics, 2012. 130: p. S139-S144.	Study design
Alfano, C.A., G.S. Ginsburg, and J.N. Kingery, Sleep-Related Problems Among Children and Adolescents With Anxiety Disorders. Journal of the American Academy of Child & Adolescent Psychiatry, 2007. 46(2): p. 224-232.	PICO
Al-Shamma, H.A., et al., Nelotanserin, a novel selective human 5-hydroxytryptamine _{2A} inverse agonist for the treatment of insomnia. Journal of pharmacology and experimental therapeutics, 2010. 332(1): p. 281-290.	PICO
Antonson, C., et al., Upper secondary school students' compliance with two Internet-based self-help programmes: a randomised controlled trial. European Child & Adolescent Psychiatry, 2018. 27(2): p. 191-200.	PICO
Antonson, C., et al., Upper secondary school students' compliance with two Internet-based self-help programmes: a randomised controlled trial. European child & adolescent psychiatry, 2018. 27(2): p. 191-200.	PICO
Appleton, R.E., et al., The use of MELatonin in children with neurodevelopmental disorders and impaired sleep: a randomised, double-blind, placebo-controlled, parallel study (MENDS). Health Technol Assess, 2012. 16(40): p. i-239.	PICO
Ashkenasi, A., Effect of transdermal methylphenidate wear times on sleep in children with ADHD. Journal of neurology, 2012. 259(1): p. S33-S34.	Publication type
Ashkenasi, A., Effect of transdermal methylphenidate wear times on sleep in children with attention deficit hyperactivity disorder. Pediatr Neurol, 2011. 45(6): p. 381-386.	PICO
Blake, M., et al., The SENSE study: Post intervention effects of a randomized controlled trial of a cognitive-behavioral and mindfulness-based group sleep improvement intervention among at-risk adolescents. Journal of Consulting and Clinical Psychology, 2016. 84(12): p. 1039-1051.	PICO
Blake, M., et al., The SENSE study: Treatment mechanisms of a cognitive behavioral and mindfulness-based group sleep improvement intervention for at-risk adolescents. Sleep: Journal of Sleep and Sleep Disorders Research, 2017. 40(6): p. 1-11.	PICO
Blake, M.J., et al., A cognitive-behavioral and mindfulness-based group sleep intervention improves behavior problems in at-risk adolescents by improving perceived sleep quality. Behav Res Ther, 2017. 99: p. 147-156.	PICO
Blake, M.J., et al., Who benefits from adolescent sleep interventions? Moderators of treatment efficacy in a randomized controlled trial of a cognitive-behavioral and mindfulness-based group sleep intervention for at-risk adolescents. J Child Psychol Psychiatry, 2018. 59(6): p. 637-649.	PICO

Braam, W., et al., Melatonin treatment in individuals with intellectual disability and chronic insomnia: A randomized placebo-controlled study. <i>Journal of Intellectual Disability Research</i> , 2008. 52(3): p. 256-264.	PICO
Burkart, J., et al., Results of a randomised controlled trial with a homeopathic complex medicinal product in children with sleep disorders and restlessness. <i>Archives of disease in childhood</i> , 2017. 102: p. A100-A101.	Publication type
Cain, N., M. Gradisar, and L. Moseley, A motivational school-based intervention for adolescent sleep problems. <i>Sleep Med</i> , 2011. 12(3): p. 246-251.	Study design
Carr, R., et al., Long-term effectiveness outcome of melatonin therapy in children with treatment-resistant circadian rhythm sleep disorders. <i>J Pineal Res</i> , 2007. 43(4): p. 351-359.	PICO
Clarke, P.J., et al., Assessing the Therapeutic Potential of Targeted Attentional Bias Modification for Insomnia Using Smartphone Delivery. <i>Psychother Psychosom</i> , 2016. 85(3): p. 187-189.	Study design
Corkum, P., et al., Better nights/better days—Distance intervention for insomnia in school-aged children with/without ADHD: A randomized controlled trial. <i>Journal of Pediatric Psychology</i> , 2016. 41(6): p. 701-713.	PICO
Cortesi, F., et al., Controlled-release melatonin, singly and combined with cognitive behavioural therapy, for persistent insomnia in children with autism spectrum disorders: A randomized placebo-controlled trial. <i>Journal of Sleep Research</i> , 2012. 21(6): p. 700-709.	PICO
de Bruin, E.J., A. Meijer, and S.M. Bögels, The contribution of a body scan mindfulness meditation to effectiveness of internet-delivered CBT for insomnia in adolescents. <i>Mindfulness</i> , 2020. 11(4): p. 872-882.	PICO
de Bruin, E.J., et al., Efficacy of cognitive behavioral therapy for insomnia in adolescents: A randomized controlled trial with internet therapy, group therapy and a waiting list condition. <i>Sleep: Journal of Sleep and Sleep Disorders Research</i> , 2015. 38(12): p. 1913-1926.	PICO
de Bruin, E.J., et al., Improvements of adolescent psychopathology after insomnia treatment: Results from a randomized controlled trial over 1 year. <i>Journal of Child Psychology and Psychiatry</i> , 2018. 59(5): p. 509-522.	PICO
Dewald, J.F., F.J. Oort, and A.M. Meijer, Gradual sleep extension in chronically sleep-reduced adolescents: an experimental study. <i>Journal of sleep research</i> , 2012. 21: p. 27.	Publication type
Dewald-Kaufmann, J.F., F.J. Oort, and A.M. Meijer, The effects of sleep extension and sleep hygiene advice on sleep and depressive symptoms in adolescents: A randomized controlled trial. <i>Journal of Child Psychology and Psychiatry</i> , 2014. 55(3): p. 273-283.	PICO
Dewald-Kaufmann, J.F., F.J. Oort, and A.M. Meijer, The effects of sleep extension on sleep and cognitive performance in adolescents with chronic sleep reduction: an experimental study. <i>Sleep Med</i> , 2013. 14(6): p. 510-517.	PICO
Dong, L., et al., A transdiagnostic sleep and circadian intervention for adolescents: six-month follow-up of a randomized controlled trial. <i>J CHILD PSYCHOL PSYCHIATRY</i> , 2020. 61(6): p. 653-661.	Study design
Donovan, C.L., S.H. Spence, and S. March, Does an online CBT program for anxiety impact upon sleep problems in anxious youth? <i>Journal of Clinical Child and Adolescent Psychology</i> , 2017. 46(2): p. 211-221.	PICO
Eckerberg, B., et al., Melatonin treatment effects on adolescent students' sleep timing and sleepiness in a placebo-controlled crossover study. <i>Chronobiol Int</i> , 2012. 29(9): p. 1239-1248.	PICO

Findling, R.L., et al., Short- and long-term prolonged release melatonin treatment for sleep disorders in children with autism spectrum disorders - Results of a phase III randomized clinical trial. <i>Journal of the american academy of child and adolescent psychiatry</i> , 2017. 56(10): p. S167-.	Publication type
Frazier, T.W., et al., A Randomized, Crossover Trial of a Novel Sound-to-Sleep Mattress Technology in Children with Autism and Sleep Difficulties. <i>J Clin Sleep Med</i> , 2017. 13(1): p. 95-104.	PICO
Giannotti, F., et al., An Open-Label Study of Controlled-Release Melatonin in Treatment of Sleep Disorders in Children with Autism. <i>Journal of Autism and Developmental Disorders</i> , 2006. 36(6): p. 741-752.	PICO
Goldman, R.S., et al., Dasotraline in Children With ADHD: effects on Sleep Habits as Measured by the Children's Sleep Habits Questionnaire. <i>Journal of the american academy of child and adolescent psychiatry</i> , 2018. 57(10): p. S179-.	Publication type
Gradisar, M., et al., A randomized controlled trial of cognitive-behavior therapy plus bright light therapy for adolescent delayed sleep phase disorder. <i>Sleep: Journal of Sleep and Sleep Disorders Research</i> , 2011. 34(12): p. 1671-1680.	Study design
Gringras, P., et al., Efficacy and safety of pediatric prolonged-release melatonin for insomnia in children with autism spectrum disorder. <i>Journal of the American Academy of Child & Adolescent Psychiatry</i> , 2017. 56(11): p. 948-957.	PICO
Gringras, P., et al., Melatonin for sleep problems in children with neurodevelopmental disorders: Randomised double masked placebo controlled trial. <i>BMJ: British Medical Journal</i> , 2012. 345: p. 16.	PICO
Gringras, P., et al., Short and long term prolonged release melatonin treatment for sleep disorders in children with autism spectrum disorders: results of a phase iii randomized clinical trial. <i>Developmental medicine and child neurology</i> , 2017. 59: p. 27-.	Publication type
Gringras, P., et al., Short and long term prolonged release melatonin treatment for sleep disorders in children with autism spectrum disorders: results of a phase III randomized clinical trial. <i>Sleep medicine</i> , 2017. 40: p. e119-.	Publication type
Gringras, P., et al., Weighted blankets and sleep in autistic children--a randomized controlled trial. <i>Pediatrics</i> , 2014. 134(2): p. 298-306.	PICO
Hamoen, A.B.H., E.M. Redlich, and A.W. de Weerd, Effectiveness of cognitive behavioral therapy for insomnia: Influence of slight-to-moderate depressive symptom severity and worrying. <i>Depression and Anxiety</i> , 2014. 31(8): p. 662-668.	PICO
Harvey, A.G., et al., Modifying the Impact of Eveningness Chronotype ("Night-Owls") in Youth: A Randomized Controlled Trial. <i>J Am Acad Child Adolesc Psychiatry</i> , 2018. 57(10): p. 742-754.	Study design
Hiscock, H., et al., Impact of a Behavioral Sleep Intervention on New School Entrants' Social Emotional Functioning and Sleep: A Translational Randomized Trial. <i>Behav Sleep Med</i> , 2019. 17(6): p. 698-712.	PICO
Hollway, J.A., et al., Atomoxetine, Parent Training, and Their Effects on Sleep in Youth with Autism Spectrum Disorder and Attention-Deficit/Hyperactivity Disorder. <i>Journal of child and adolescent psychopharmacology</i> , 2018. 28(2): p. 130-135.	PICO
Hvolby, A. and N. Bilenberg, Use of Ball Blanket in attention-deficit/hyperactivity disorder sleeping problems. <i>Nordic Journal of Psychiatry</i> , 2011. 65(2): p. 89-94.	PICO
Kaplan, K.A., et al., Effect of Light Flashes vs Sham Therapy During Sleep With Adjunct Cognitive Behavioral Therapy on Sleep Quality Among Adolescents: A Randomized Clinical Trial. <i>JAMA Network Open</i> , 2019. 2(9): p. e1911944-e1911944.	PICO

Keshavarzi, Z., et al., In a randomized case-control trial with 10-years olds suffering from attention deficit/hyperactivity disorder (ADHD) sleep and psychological functioning improved during a 12-week sleep-training program. <i>World J Biol Psychiatry</i> , 2014. 15(8): p. 609-619.	PICO
Lyon, M.R., M.P. Kapoor, and L.R. Juneja, The effects of L-theanine (Suntheanine®) on objective sleep quality in boys with attention deficit hyperactivity disorder (ADHD): a randomized, double-blind, placebo-controlled clinical trial. <i>Altern Med Rev</i> , 2011. 16(4): p. 348-354.	PICO
Malow, B.A., et al., Parent-based sleep education for children with autism spectrum disorders. <i>J Autism Dev Disord</i> , 2014. 44(1): p. 216-228.	PICO
Maras, A., et al., Long-term efficacy and safety of pediatric prolonged-release melatonin for insomnia in children with autism spectrum disorder. <i>Journal of Child and Adolescent Psychopharmacology</i> , 2018. 28(10): p. 699-710.	PICO
McGlinchey, E.L., et al., Innovations in practice: The relationship between sleep disturbances, depression, and interpersonal functioning in treatment for adolescent depression. <i>Child and Adolescent Mental Health</i> , 2017. 22(2): p. 96-99.	PICO
Mehrazad-Saber, Z., S. Kheirouri, and S.G. Noorazar, Effects of L-Carnosine Supplementation on Sleep Disorders and Disease Severity in Autistic Children: A Randomized, Controlled Clinical Trial. <i>Basic Clin Pharmacol Toxicol</i> , 2018. 123(1): p. 72-77.	PICO
Montgomery, P., et al., Fatty acids and sleep in UK children: Subjective and pilot objective sleep results from the DOLAB study—A randomized controlled trial. <i>Journal of Sleep Research</i> , 2014. 23(4): p. 364-388.	PICO
Moseley, L. and M. Gradisar, Evaluation of a school-based intervention for adolescent sleep problems. <i>Sleep: Journal of Sleep and Sleep Disorders Research</i> , 2009. 32(3): p. 334-341.	Study design
Moss, A.H.B., J.E. Gordon, and A. O'Connell, Impact of <i>Sleepwise</i>: An intervention for youth with developmental disabilities and sleep disturbance. <i>Journal of Autism and Developmental Disorders</i> , 2014. 44(7): p. 1695-1707.	Study design
Nct, Short- and Long-term Health Effects of a Residential Stay in a Danish Christmas Seal Home. https://clinicaltrials.gov/show/NCT03647007 , 2018.	Publication type
Neven, A.K. and J. Eekhof, Sleep disorders in young children. <i>Huisarts en wetenschap</i> , 2008. 51(13): p. 690-692.	Language
Ngan Yin, C., et al., A Prevention Program for Insomnia in At-risk Adolescents: A Randomized Controlled Study. <i>PEDIATRICS</i> , 2021. 147(3): p. 1-11.	Setting
Otsuka, Y., et al., A school-based sleep hygiene education program for adolescents in Japan: A large-scale comparative intervention study. <i>Sleep and Biological Rhythms</i> , 2020. 18(1): p. 27-36.	PICO
Owens, J., et al., Effect of Aptensio XR (Methylphenidate HCl Extended-Release) Capsules on Sleep in Children with Attention-Deficit/Hyperactivity Disorder. <i>J Child Adolesc Psychopharmacol</i> , 2016. 26(10): p. 873-881.	PICO
Paine, S. and M. Gradisar, A randomised controlled trial of cognitive-behaviour therapy for behavioural insomnia of childhood in school-aged children. <i>Behaviour Research and Therapy</i> , 2011. 49(6): p. 379-388.	PICO
Paine, S., et al., A randomized controlled trial of cognitive-behaviour therapy for behavioural insomnia of childhood in school-aged children. <i>Journal of sleep research</i> , 2010. 19: p. 30-.	Publication type

Papadopoulos, N., et al., The effectiveness of a brief behavioural sleep intervention in school aged children with ADHD and comorbid autism spectrum disorder. <i>European child & adolescent psychiatry</i> , 2015. 24(1): p. S169.	Publication type
Papadopoulos, N., et al., The Efficacy of a Brief Behavioral Sleep Intervention in School-Aged Children With ADHD and Comorbid Autism Spectrum Disorder. <i>Journal of attention disorders</i> , 2019. 23(4): p. 341-350.	PICO
Politte, L.C., et al., A randomized, placebo-controlled trial of extended-release guanfacine in children with autism spectrum disorder and ADHD symptoms: an analysis of secondary outcome measures. <i>Neuropsychopharmacology</i> , 2018: p. 1-7.	PICO
Quach, J., et al., A brief sleep intervention improves outcomes in the school entry year: A randomized controlled trial. <i>Pediatrics</i> , 2011. 128(4): p. 692-701.	PICO
Quach, J., et al., Does a brief sleep intervention for students starting elementary school improve child and parent outcomes? a randomized controlled trial. <i>Sleep</i> , 2017. 40: p. A368-.	Publication type
Reynolds, S., et al., Do sleep disturbances in depressed adolescents improve following psychological treatment for depression? <i>Journal of affective disorders</i> , 2019.	PICO
Richardson, C., et al., A randomised controlled trial of bright light therapy and morning activity for adolescents and young adults with Delayed Sleep-Wake Phase Disorder. <i>Sleep Medicine</i> , 2018. 45: p. 114-123.	Study design
Roberts, C.A., K.C. Smith, and A.K. Sherman, Comparison of online and face-to-face parent education for children with autism and sleep problems. <i>Journal of Autism and Developmental Disorders</i> , 2019. 49(4): p. 1410-1422.	Study design
Sangal, R.B., et al., Effects of atomoxetine and methylphenidate on sleep in children with ADHD. <i>Sleep</i> , 2006. 29(12): p. 1573-1585.	PICO
Schlarb, A. and I. Bihlmaier, Hitting the nail on the head: long-term effects of group CBT-I for school-age children suffering from insomnia subtypes in children - who improves most? <i>Sleep medicine</i> , 2019. 64: p. S338-.	Publication type
Schlarb, A.A., et al., Short- and long-term effects of CBT-I in groups for school-age children suffering from chronic insomnia: The KiSS-program. <i>Behavioral Sleep Medicine</i> , 2018. 16(4): p. 380-397.	PICO
Schroder, C.M., et al., Pediatric Prolonged-Release Melatonin for Sleep in Children with Autism Spectrum Disorder: Impact on Child Behavior and Caregiver's Quality of Life. <i>Journal of Autism & Developmental Disorders</i> , 2019. 49(8): p. 3218-3230.	PICO
Schwerdtle, B., A. Kübler, and A. Schlarb, External validity of the multicomponent group treatment KiSS for school-aged children with insomnia. <i>Behavioral Sleep Medicine</i> , 2020. 18(2): p. 147-162.	Study design
Sciberras, E. and N. Rinehart, Treating behavioural sleep problems in children with ADHD and ASD: the sleeping sound program. <i>European child & adolescent psychiatry</i> , 2015. 24(1): p. S14-S15.	Publication type
Shen, G.H., et al., Lifestyle regularity and cyclothymic symptomatology. <i>J Clin Psychol</i> , 2008. 64(4): p. 482-500.	PICO
Shipilova, E.M. and Y.E. Nesterovsky, The influence of nooclerin on the structure of sleep disturbances in children with tension headaches. <i>Zh Nevrol Psikhiatr Im S S Korsakova</i> , 2019. 119(11): p. 41-46.	Language

Solleveld, M.M., et al., Effects of 16 weeks of methylphenidate treatment on actigraph-assessed sleep measures in medication-naïve children with ADHD. <i>Frontiers in Psychiatry</i> , 2020. 11: p. 9.	PICO
Sun, F., et al., Parent-based sleep education as a possible intervention for sleep problem in school aged children with autism spectrum disorder. <i>Journal of sleep research</i> , 2018. 27: p. 209-210.	Publication type
Tse, C.Y.A., et al., Examining the impact of physical activity on sleep quality and executive functions in children with autism spectrum disorder: a randomized controlled trial. <i>Autism</i> , 2019.	PICO
Tumakaka, G.Y.S., et al., The effect of sleep hygiene education on sleep quality in children with type 1 diabetes mellitus: A preliminary study. <i>Comprehensive Child and Adolescent Nursing</i> , 2019. 42: p. 189-196.	PICO
van der Heijden, K.B., et al., Prediction of melatonin efficacy by pretreatment dim light melatonin onset in children with idiopathic chronic sleep onset insomnia. <i>Journal of Sleep Research</i> , 2005. 14(2): p. 187-194.	Study design
Van Dyk, T.R., et al., Feasibility and Emotional Impact of Experimentally Extending Sleep in Short-Sleeping Adolescents. <i>Sleep</i> , 2017. 40(9).	PICO
van Geijlswijk, I.M., et al., Dose finding of melatonin for chronic idiopathic childhood sleep onset insomnia: An RCT. <i>Psychopharmacologia</i> , 2010. 212(3): p. 379-391.	Study design
van Geijlswijk, I.M., et al., Evaluation of sleep, puberty and mental health in children with long-term melatonin treatment for chronic idiopathic childhood sleep onset insomnia. <i>Psychopharmacology</i> , 2011. 216(1): p. 111-120.	Study design
Wasdell, M.B., et al., A randomized, placebo-controlled trial of controlled release melatonin treatment of delayed sleep phase syndrome and impaired sleep maintenance in children with neurodevelopmental disabilities. <i>J Pineal Res</i> , 2008. 44(1): p. 57-64.	PICO
Weiss, M.D., et al., Sleep Hygiene and Melatonin Treatment for Children and Adolescents With ADHD and Initial Insomnia. <i>Journal of the American Academy of Child & Adolescent Psychiatry</i> , 2006. 45(5): p. 512-519.	Study design
Wilhelmsen-Langeland, A., et al., A randomized controlled trial with bright light and melatonin for the treatment of delayed sleep phase disorder: Effects on subjective and objective sleepiness and cognitive function. <i>Journal of Biological Rhythms</i> , 2013. 28(5): p. 306-321.	Study design
Yuge, K., et al., Long-term melatonin treatment for the sleep problems and aberrant behaviors of children with neurodevelopmental disorders. <i>BMC Psychiatry</i> , 2020. 20: p. 14.	PICO

General population

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-. A study on effect of sleep training program in children with ADHD: a comparative prospective study. <i>Indian journal of psychiatry</i> , 2019. 61(9): p. S360-.	Publication type
Actrn, Sleeping Sound in Adolescence: a research project aiming to improve sleep in adolescents with ADHD. http://www.who.int/trialsearch/Trial2.aspx?TrialID=ACTRN12620000374965 , 2020.	Publication type
Adkins, K.W., et al., Effects of a standardized pamphlet on insomnia in children with autism spectrum disorders. <i>Pediatrics</i> , 2012. 130: p. S139-S144.	Study design

Alfano, C.A., G.S. Ginsburg, and J.N. Kingery, Sleep-Related Problems Among Children and Adolescents With Anxiety Disorders. <i>Journal of the American Academy of Child & Adolescent Psychiatry</i> , 2007. 46(2): p. 224-232.	PICO
Al-Shamma, H.A., et al., Nelotanserin, a novel selective human 5-hydroxytryptamine _{2A} inverse agonist for the treatment of insomnia. <i>Journal of pharmacology and experimental therapeutics</i> , 2010. 332(1): p. 281-290.	PICO
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Appleton, R.E., et al., The use of Melatonin in children with neurodevelopmental disorders and impaired sleep: a randomised, double-blind, placebo-controlled, parallel study (MENDS). <i>Health Technol Assess</i> , 2012. 16(40): p. i-239.	PICO
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Blake, M.J., et al., A cognitive-behavioral and mindfulness-based group sleep intervention improves behavior problems in at-risk adolescents by improving perceived sleep quality. <i>Behav Res Ther</i> , 2017. 99: p. 147-156.	PICO
Blake, M.J., et al., Who benefits from adolescent sleep interventions? Moderators of treatment efficacy in a randomized controlled trial of a cognitive-behavioral and mindfulness-based group sleep intervention for at-risk adolescents. <i>J Child Psychol Psychiatry</i> , 2018. 59(6): p. 637-649.	PICO
Blumer, J.L., et al., Controlled clinical trial of zolpidem for the treatment of insomnia associated with attention-deficit/ hyperactivity disorder in children 6 to 17 years of age. <i>Pediatrics</i> , 2009. 123(5): p. e770-e776.	PICO
Braam, W., et al., Melatonin treatment in individuals with intellectual disability and chronic insomnia: A randomized placebo-controlled study. <i>Journal of Intellectual Disability Research</i> , 2008. 52(3): p. 256-264.	PICO
Burkart, J., et al., Results of a randomised controlled trial with a homeopathic complex medicinal product in children with sleep disorders and restlessness. <i>Archives of disease in childhood</i> , 2017. 102: p. A100-A101.	Publication type
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Hamoen, A.B.H., E.M. Redlich, and A.W. de Weerd, Effectiveness of cognitive behavioral therapy for insomnia: Influence of slight-to-moderate depressive symptom severity and worrying. <i>Depression and Anxiety</i> , 2014. 31(8): p. 662-668.	PICO
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Hiscock, H., et al., Impact of a behavioral intervention, delivered by pediatricians or psychologists, on sleep problems in children with ADHD: A cluster-	PICO

randomized, translational trial. Journal of Child Psychology and Psychiatry, 2019. 60(11): p. 1230-1241.	
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Economic studies

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