**Supplementary file 02.**

**1. Full strings search strategy for the 3 types of studies included in the present review:**

1. *Prospective studies on offspring of BD patients*:

Keywords: ((bipolar[Title/Abstract] OR first episode[Title/Abstract])) AND (offspring OR cohort OR follow-up OR relatives), with “presence of abstract” and “human sample” as a search limitation.

2. *Prospective studies on patients with sleep problems developing BD*:

Keywords: ((insomnia[Title/Abstract] OR sleep disturbance[Title/Abstract] OR sleep problems[Title/Abstract])) AND (cohort OR follow-up OR predict\* OR bipolar OR prospective OR first episode) ), with “presence of abstract” and “human sample” as a search limitation.

3. *Retrospective studies on sleep problems in BD patients*:

Keywords: ((prodrom\*[Title/Abstract] OR early symptom\*[Title/Abstract] OR initial symptom\*[Title/Abstract] OR first symptom\*[Title/Abstract] OR retrospective[Title/Abstract])) AND (bipolar[Title/Abstract] OR depression[Title/Abstract] OR psychosis[Title/Abstract] OR first episode[Title/Abstract]),), with “presence of abstract” and “human sample” as a search limitation.