**Appendix 1**

**Search Strategy**

**Medline (Ovid):**

Exp Sleep

Sleep\*.mp

(sleep\* adj2 deprivation\*).mp

(sleep adj2 duration\*).mp

(sleep adj2 time).mp

(sleep adj2 restriction).mp

(sleep adj2 period).mp

bedtime.mp

exp dyssomnias

or/

exp Mortality

exp death

(death adj2 rate).mp

Exp survival

(fatal adj2 outcome).mp

Decease.mp

Or/

randomized controlled trial.pt

controlled clinical trial.pt

randomized.ab

placebo.ab

randomly.ab

trial.ab

(clinical adj2 trial).mp.

(randomi\*ed adj2 controlled adj2 trial).mp.

exp double-blind method

exp cohort studies

cohort\*.mp

or/

**Embase:**

'sleep'/exp

Sleep:ti,ab

(sleep\* next/2 deprivation\*):ti,ab

(sleep next/2 duration\*):ti,ab

(sleep next/2 time):ti,ab

(sleep next/2 restriction):ti,ab

(sleep next/2 period):ti,ab

bedtime:ti,ab

'sleep disorder'/exp

or/

'mortality'/exp

'death'/exp

(death next/2 rate):ti,ab

'survival'/exp

(fatal next/2 outcome):ti,ab

Decease:ti,ab

Or/

'randomized controlled trial'/exp

(randomi\*ed NEXT/2 controlled NEXT/2 trial):ti,ab

'clinical trial'/exp

(clinical NEXT/2 trial):ti,ab

'double blind procedure'/exp

'cohort analysis'/exp

cohort\*:ti,ab

or/

**Central (Ovid)**

Exp Sleep

Sleep\*.mp

(sleep\* adj2 deprivation\*).mp

(sleep adj2 duration\*).mp

(sleep adj2 time).mp

(sleep adj2 restriction).mp

(sleep adj2 period).mp

bedtime.mp

exp dyssomnias

or/

exp Mortality

exp death

(death adj2 rate).mp

Exp survival

(fatal adj2 outcome).mp

Decease.mp

Or/

**LILACS**

((mh:(sueño)) OR (tw:(dormir)) AND (mh:(muerte)) OR (mh:(mortalidad)) OR (tw:(deceso)) AND (mh:(ensayo clinico)) OR (tw:(doble ciego)) OR (tw:(experimento clinico)) OR (mh:(estudios de cohortes)))

**Scholar Google**

allintitle: sleep randomized OR trial OR RCT OR cohort "mortality"