## **Supplementary Table 2: Inclusion and exclusion criteria**

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| **Inclusion** | **Exclusion** |
| * English-language articles * German-language articles | * Articles in other languages |
| * Scientific articles published in peer-reviewed journals | * Popular articles * Only summaries/abstracts |
| * All kind of evaluation studies (and if available corresponding study protocols) and intervention development studies | * Case reports * Systematic reviews |
| * Multi-component, non-pharmacological interventions | * Pharmacological interventions, single interventions, respiratory interventions |
| * Interventions with a clear focus on the improvement of sleep related outcomes | * Interventions focusing on behavioral and psychological symptoms of dementia or quality of life in general |
| * Adult participants, including those with cognitive impairment or dementia | * Participants with sleep apnea |
| * Long-term care settings (nursing homes, assisted-living facilities, group homes) | * Community setting * Hospitals |
| * All sleep related outcomes (as patient reported or clinician reported outcome), e.g. total sleep duration, sleep onset latency, number of nocturnal awakenings, sleep efficiency, waking after sleep onset, sleep quality, sleep satisfaction | * Sleep not measured with any tool |