Supplementary Table 1: Medline Search Strategy

1. pregnan\*.tw.

2. exp Pregnancy/

3. gestational diabetes.tw.

4. exp Diabetes, Gestational/

5. antenatal.tw.

6. exp Prenatal Care/

7. 1 or 2 or 3 or 4 or 5 or 6

8. intervention\*.tw.

9. exp Early Medical Intervention/

10. diet\*.tw.

11. nutrition\*.tw.

12. exp Diet/ or exp Diet Therapy/

13. pharmacotherap\*.tw.

14. exp Drug Therapy/

15. exp Text Messaging/

16. exp Telemedicine/

17. Exercis\*.tw.

18. (physic\* adj1 activ\*).tw.

19. exp Exercise/ or exp Exercise Therapy/

20. sleep\*.tw.

21. (nap or naps or napping\*).tw.

22. (eHealth or eHealth or mHealth or mhealth).tw.

23. (smartphone or SMS or text messag\*).tw.

24. snor\*.tw.

25. apn?ea.tw.

26. exp Sleep/

27. counsel\*.tw.

28. exp Counseling/

29. exp Behavior Therapy/

30. lifestyle.tw.

31. life style.tw.

32. exp Life Style/

33. 8 or 9 or 10 or 11 or 12 or 13 or 14 or 15 or 16 or 17 or 18 or 19 or 20 or 21 or 22 or 23 or 24 or 25 or 26 or 27 or 28 or 29 or 30 or 31 or 32

34. weight.tw.

35. exp body weight/ or exp birth weight/ or exp body weight changes/ or exp weight gain/ or exp weight loss/

36. 34 or 35

37. 7 and 33 and 36

38. Randomi#ed controlled trial.pt.

39. controlled clinical trial.pt.

40. randomi#ed.ab.

41. placebo.ab.

42. clinical trials as topic.sh.

43. randomly.ab.

44. trial.ti.

45. 38 or 39 or 40 or 41 or 42 or 43 or

46. Animals/

47. Humans/

48. 46 not 47

49. 45 not 48

50. 37 and 49