**Table O.27: Sleep interventions versus any control**

| Quality assessment | | | | | | | Summary of findings | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|
| Participants (studies) Follow up | Risk of bias | Inconsistency | Indirectness | Imprecision | Publication bias | Overall quality of evidence | Study event rates (%) | | Relative effect (95% CI) | Anticipated absolute effects | |
| | | | | | | | With any control | With sleep interventions | | Risk with any control | Risk difference with sleep interventions (95% CI) |
| **Targeted behaviour that challenges (global problem sleep behaviour, non-improvement) – post-treatment** | | | | | | | | | | | |
| 69 (1 study) | serious[1] | no serious inconsistency | serious[2] | very serious[3] | undetected | ⊕⊖⊖⊖ VERY LOW[1,2,3] due to risk of bias, indirectness, imprecision | 21/34 (61.8%) | 5/35 (14.3%) | RR 0.23 (0.1 to 0.54) | 618 per 1000 | 476 fewer per 1000 (from 284 fewer to 556 fewer) |
| **Targeted behaviour that challenges (global problem sleep behaviour) – post-treatment (Better indicated by lower values)** | | | | | | | | | | | |
| 154 (4 studies) | serious[4] | no serious inconsistency | no serious indirectness | serious[5] | undetected | ⊕⊕⊖⊖ LOW[4,5] due to risk of bias, imprecision | 77 | 77 | - | | The mean targeted behaviour that challenges (global problem sleep behaviour) – post-treatment in the intervention groups was 1.05 standard deviations lower (1.48 to 0.63 lower) |
| **Targeted behaviour that challenges (global problem sleep behaviour) – follow-up (Better indicated by lower values)** | | | | | | | | | | | |
| 130 | serious | serious[6] | no serious | serious[5] | undetect | ⊕⊖⊖⊖ | 55 | 75 | - | | The mean targeted behaviour |

| Quality assessment | | | | | | | Summary of findings | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|
| (3 studies) 6 to 26 weeks | us[4] | | indirectness | | ed | | VERY LOW[4,5,6] due to risk of bias, inconsistency, imprecision | | | | that challenges (global problem sleep behaviour) – follow-up in the intervention groups was 0.92 standard deviations lower (1.6 to 0.24 lower) |
| **Targeted behaviour that challenges (total sleep time) – post-treatment (measured with: Actigraph; Better indicated by higher values)** | | | | | | | | | | | |
| 96 (2 studies) | serious[4] | no serious inconsistency | no serious indirectness | serious[5] | undetected | ⊕⊕⊖⊖ LOW[4,5] due to risk of bias, imprecision | 48 | 48 | - | | The mean targeted behaviour that challenges (total sleep time) – post-treatment in the intervention groups was 0.62 standard deviations higher (0.2 to 1.03 higher) |
| **Targeted behaviour that challenges (sleep efficiency) – post-treatment (measured with: Actigraph; Better indicated by higher values)** | | | | | | | | | | | |
| 96 (2 studies) | serious[4] | no serious inconsistency | no serious indirectness | serious[5] | undetected | ⊕⊕⊖⊖ LOW[4,5] due to risk of bias, imprecision | 48 | 48 | - | | The mean targeted behaviour that challenges (sleep efficiency) – post-treatment in the intervention groups was 0.24 standard deviations higher (0.26 lower to 0.74 higher) |
| **Targeted behaviour that challenges (total sleep time) – follow-up (measured with: Actigraph; Better indicated by higher values)** | | | | | | | | | | | |
| 46 (1 study) 26 weeks | serious[1] | no serious inconsistency | no serious indirectness | very serious[3] | undetected | ⊕⊖⊖⊖ VERY LOW[1,3] due to risk of bias, imprecision | 23 | 23 | - | | The mean targeted behaviour that challenges (total sleep time) – follow-up in the intervention groups was 0.14 standard deviations higher (0.44 lower to 0.71 higher) |

| Quality assessment | | | | | | | Summary of findings | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|
| **Targeted behaviour that challenges (sleep efficiency) – follow-up (measured with: Actigraph; Better indicated by lower values)** | | | | | | | | | | | |
| 46 (1 study) 26 weeks | serious[1] | no serious inconsistency | no serious indirectness | very serious[3] | undetected | ⊕⊖⊖⊖ VERY LOW[1,3] due to risk of bias, imprecision | 23 | 23 | - | | The mean targeted behaviour that challenges (sleep efficiency) – follow-up in the intervention groups was 0.11 standard deviations lower (0.69 lower to 0.46 higher) |
| **Targeted behaviour that challenges (sleep onset latency) – post-treatment (measured with: Actigraph; Better indicated by lower values)** | | | | | | | | | | | |
| 69 (1 study) | serious[1] | no serious inconsistency | serious[2] | very serious[3] | undetected | ⊕⊖⊖⊖ VERY LOW[1,2,3] due to risk of bias, indirectness, imprecision | 34 | 35 | - | | The mean targeted behaviour that challenges (sleep onset latency) – post-treatment in the intervention groups was 0.59 standard deviations lower (1.07 to 0.11 lower) |
| **Targeted behaviour that challenges (wake after sleep onset) – post-treatment (measured with: Actigraph; Better indicated by lower values)** | | | | | | | | | | | |
| 96 (2 studies) | serious[4] | serious[6] | no serious indirectness | serious[5] | undetected | ⊕⊖⊖⊖ VERY LOW[4,5,6] due to risk of bias, inconsistency, imprecision | 48 | 48 | - | | The mean targeted behaviour that challenges (wake after sleep onset) – post-treatment in the intervention groups was 0.31 standard deviations lower (1.13 lower to 0.51 higher) |
| **Targeted behaviour that challenges (wake after sleep onset) – follow-up (measured with: Actigraph; Better indicated by lower values)** | | | | | | | | | | | |
| 46 (1 study) 26 weeks | serious[1] | no serious inconsistency | no serious indirectness | very serious[3] | undetected | ⊕⊖⊖⊖ VERY LOW[1,3] due to risk of bias, imprecision | 23 | 23 | - | | The mean targeted behaviour that challenges (wake after sleep onset) – follow-up in the intervention groups was 0.29 standard deviations higher (0.29 lower to 0.88 higher) |

| Quality assessment | | | | | | | Summary of findings | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|
| **Targeted behaviour that challenges (total sleep time) post-treatment (measured with: Sleep diary; Better indicated by higher values)** | | | | | | | | | | | |
| 30 (1 study) | serious[1] | no serious inconsistency | no serious indirectness | very serious[3] | undetected | ⊕⊖⊖⊖ VERY LOW[1,3] due to risk of bias, imprecision | 15 | 15 | - | | The mean targeted behaviour that challenges (total sleep time) post-treatment in the intervention groups was 0.3 standard deviations lower (1.02 lower to 0.42 higher) |
| **Targeted behaviour that challenges (activity score) – post-treatment (measured with: Sleep diary; Better indicated by lower values)** | | | | | | | | | | | |
| 30 (1 study) | serious[1] | no serious inconsistency | no serious indirectness | very serious[3] | undetected | ⊕⊖⊖⊖ VERY LOW[1,3] due to risk of bias, imprecision | 15 | 15 | - | | The mean targeted behaviour that challenges (activity score) – post-treatment in the intervention groups was 0.28 standard deviations higher (0.44 lower to 1 higher) |
| **Carer Satisfaction (non-satisfied) – post-treatment** | | | | | | | | | | | |
| 30 (1 study) | serious[1] | no serious inconsistency | no serious indirectness | very serious[3] | undetected | ⊕⊖⊖⊖ VERY LOW[1,3] due to risk of bias, imprecision | 2/17 (11.8%) | 1/13 (7.7%) | RR 0.65 (0.07 to 6.45) | 118 per 1000 | 41 fewer per 1000 (from 109 fewer to 641 more) |

[1] Crucial limitation for one criterion or some limitations for multiple criteria sufficient to lower ones confidence in the estimate of effect
[2] Applicability- different populations
[3] Optimal information size not met; small, single study
[4] Most information is from studies at moderate risk of bias
[5] Optimal information size not met
[6] $I^2 > 40\%$