

Table O.28: Face-to-face sleep intervention versus booklet only

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 booklet only	With face-to-face sleep intervention		Risk with booklet only	Risk difference with face-to-face sleep intervention (95% CI)
Targeted behaviour that challenges (global problem sleep behaviour) – follow-up (Better indicated by lower values)											
42 (1 study) 26 weeks	serious ¹	no serious inconsistency	no serious indirectness	very serious ²	undetected	⊕⊖⊖⊖ VERY LOW ^{1,2} due to risk of bias, imprecision	22	20	-		The mean targeted behaviour that challenges (global problem sleep behaviour) – follow-up in the intervention groups was 0.07 standard deviations lower (0.68 lower to 0.53 higher)
¹ Crucial limitation for one criterion or some limitations for multiple criteria sufficient to lower ones confidence in the estimate of effect ² Optimal information size not met; small, single study											