Appendix E

Summary of meta-analyses

	k	n	Weighted	CI Lower	CI Upper	Q-Statistic
			mean effect			
			size (r)			
Outlier <u>exclude</u>	ed					
All studies with	h informatio	on available to c	alculate <i>r</i> <u>inclu</u>	ded		
Sleep	24	34,254	.27	.24	.30	90.66
disturbance						
Insomnia	9	10,236	.28	.24	.33	25.11
symptoms						
			2.6		.31	65.23
Sleep quality	15	24,018	.26	.22	.31	03.25
Sleep quality Outlier <u>exclude</u>		24,018	.26	.22	.51	
Outlier exclude	e <u>d</u>				.51 ssumptions <u>excl</u>	
Outlier exclude	e <u>d</u>					
Outlier <u>exclude</u> Studies with ef	ed fect size est	imates that viol	ate the normali	y distribution a	ssumptions <u>excl</u>	uded
Outlier <u>exclude</u> Studies with ef Sleep	ed fect size est	imates that viol	ate the normali	y distribution a	ssumptions <u>excl</u>	uded
Outlier <u>exclude</u> Studies with ef Sleep disturbance	ed fect size est 18	imates that viol 20,218	ate the normalit	ty distribution a	ssumptions <u>excl</u> .31	<u>uded</u> 60.25
Outlier <u>exclude</u> Studies with ef Sleep disturbance Insomnia	ed fect size est 18	imates that viol 20,218	ate the normalit	ty distribution a	ssumptions <u>excl</u> .31	<u>uded</u> 60.25
Outlier <u>exclude</u> Studies with ef Sleep disturbance Insomnia symptoms	ed fect size est 18 8 10	imates that viol 20,218 9,046	ate the normalit .28 .29	y distribution a .24 .24	.31	<u>uded</u> 60.25 24.96
Outlier <u>exclude</u> Studies with ef Sleep disturbance Insomnia symptoms Sleep quality Outlier <u>include</u>	ed fect size est 18 8 10 d	imates that viol 20,218 9,046 11,172	ate the normalit .28 .29	24 .24 .24 .24	.31	<u>uded</u> 60.25 24.96
Outlier <u>exclude</u> Studies with ef Sleep disturbance Insomnia symptoms Sleep quality Outlier <u>include</u>	ed fect size est 18 8 10 d	imates that viol 20,218 9,046 11,172	ate the normalit .28 .29 .27	24 .24 .24 .24	.31	<u>uded</u> 60.25 24.96

Insomnia	10	10,653	.33	.24	.40	92.40
symptoms						
Outlier <u>includ</u>	led					
Studies with	effect size est	timates that viol	ate the norr	nality distributio	n assumptions <u>e</u>	xcluded
Sleep	19	20,635	.30	.24	.35	124.04
Sleep disturbance	19	20,635	.30	.24	.35	124.04
1	19 9	20,635 9,463	.30	.24	.35	91.47

Notes. (1) Sleep disturbance is defined as self-reported sleep quality and insomnia symptoms. (2) Analyses only evaluated self-reported sleep quality; see Figure 3 for other effect sizes. (3) CI = Confidence Interval.