

From [Saruhanjan et al., 2020](#):

We included: (a) RCTs [randomized controlled trials; authors' note] in which (b) individuals enrolled at a tertiary education facility (university, college or comparable postsecondary higher education facility) at the time of randomization, (c) received a sleep-focused psychological intervention, (d) that was compared with a passive control condition, defined as a control condition in which no active manipulation was induced as part of the study (wait-list, treatment as usual).

For the purposes of this analysis, "sleep-focused" means that (e) effects on symptoms of sleep disturbances (global measures of sleep disturbances, sleep-onset latency [...], fatigue and daytime functionality, pre-sleep behaviour and experiences) were assessed as a (f) target outcome (by declaring a sleep outcome as the primary outcome or by stating the intervention was primarily aimed at this outcome) using (g) standardized symptom measures (objective sleep measures, standardized sleep or fatigue questionnaires, sleep diaries, items recording sleep quantity, quality or hygiene).

Only studies (h) published in English or German were considered for inclusion.