

Table 1 Search strategy for the Pubmed

Order	Strategy
#1	"Tumor"[Mesh] OR "Neoplasms" OR "Neoplasm" OR "Neoplasia" OR "Neoplasias" OR "Cancer" OR "Malignant Neoplasm" OR "Malignancy" OR "Malignancies" OR "Malignant Neoplasms" OR "Neoplasm, Malignant" OR "Benign Neoplasms" OR "Benign Neoplasm" OR "Neoplasms, Benign"
#2	"Sleep Initiation and Maintenance Disorders"[Mesh] OR "Disorders of Initiating and Maintaining Sleep" OR "DIMS" OR "Early Awakening" OR "Nonorganic Insomnia" OR "Primary Insomnia" OR "Transient Insomnia" OR "Rebound Insomnia" OR "Insomnia, Rebound" OR "Secondary Insomnia" OR "Sleep Initiation Dysfunction" OR "Sleeplessness" OR "Insomnia Disorder" OR "Insomnia" OR "Insomnias" OR "Chronic Insomnia" OR "Psychophysiological Insomnia"
#3	#1 AND #2
#4	"Cognitive Behavioral Therapy"[Mesh] OR "Psychotherapy, Cognitive" OR "Therapy, Cognitive" OR "Cognitive Behaviour Therapy" OR "Cognitive Psychotherapy"
#5	"mindful"[Mesh] OR "mindfulness-based therapies" OR "Meditation" OR "MBSR" OR "MBCT" OR "Mind-Body Exercises" OR "mindfulness-based stress reduction" OR "mindfulness training" OR "mindfulness-based intervention" OR "Mindfulness Based Cognitive Therapy" OR "Complementary Medicine"
#6	"Exercise therapy"[Mesh] OR "exercise" OR "sport" OR "training" OR "resistance training" OR "strength training" OR "aerobic training" OR "Remedial Exercise" OR "Therapy, Exercise" OR "Exercise Therapies" OR "Rehabilitation Exercise" OR "Rehabilitation Exercises"
#7	"Chinese traditional exercise therapy"[Mesh] OR "tai ji" OR "Tai-ji" OR "Tai Chi" OR "Chi, Tai" OR "Tai Ji Quan" OR "Tai Chi Chuan" OR "Qi Gong" OR "Chi Kung" OR "baduanjin" OR "eight trigrams boxing" OR "Yoga"
#8	"Phototherapy"[Mesh] OR "Phototherapies" OR "Therapy, Photoradiation" OR "Photoradiation Therapies" OR "Light Therapy" OR "Photoradiation Therapy"
#9	"music therapy"[Mesh] OR "wuyin therapy" OR "fivelinesoflusic" OR "fivelements music of tractional Chinese medicine"
#10	"Acupuncture Therapy"[Mesh] OR "Acupuncture Treatment" OR "Acupuncture Treatments" OR "Treatment, Acupuncture" OR "Therapy, Acupuncture" OR "Pharmacoacupuncture Treatment" OR "Treatment, Pharmacoacupuncture" OR "Pharmacoacupuncture Therapy" OR "Therapy, Pharmacoacupuncture" OR "Acupotomy" OR "Acupotomies"
#11	#4 OR #5 OR #6 OR #7 OR #8 OR #9 OR #10
#12	"Randomized Controlled Trials"[Mesh] OR "Clinical Trials, Randomized" OR "Trials, Randomized Clinical" OR "Controlled Clinical Trials, Randomized" OR "randomized"
#13	#3 AND #11 AND #12