

Appendix 1: Main results of the included studies

Articles	Population	Type of study and design	Primary endpoint	Hypnosis intervention
CASE STUDIES				
Fry³²	28 participants: 7 participants with anxiety or no disease. The other participants are not detailed. Men and women	Series of 7 cases	Measure not detailed	<i>Induction: fixed gaze and hand levitation Suggestions about sleep and relaxation "after their head touches the pillow"</i>
Panayotopoulos et al²⁹	Women with depression, hysteria, compulsive disorder, phobia, drug addiction, anxiety	Series of 9 cases	Measure not detailed	<i>Suggestion about sleep, fixed time of sleep</i>
Todd et al²³	Healthy women	3 case reports	Declarative (phone call): latency and total sleeping time	<i>Suggestion about relaxation and sleep</i>
Baeur et al²⁴	Healthy women	Series of 2 cases	Sleep diary: latency, total sleep time, sleep medication	<i>Progressive relaxation induction, arm catalepsy, countdown from 100 to 0 until asleep</i>
Singh et al⁴¹	Religious women with anxiety	3 case reports	Declarative, oral and in writing	<i>Suggestion about relaxation, stimulus control and correction of misconceptions, Directed fantasy technique, religious visualisation</i>

Cochrane ³⁰	Men with anxiety	Case report	Total sleep time (reported)	<i>Ericksonian hypnosis, indirect suggestion, metaphor and direct suggestion of sleep</i>
Elkins et al ²⁷	African-American man	Case study	PSQI: quality	<i>Induction: hypnosis relaxation, suggestion about relaxation, comfort, coolness self- hypnosis</i>
Stanton ⁴³ 1999	2 men and 1 woman	3 case reports	Sleep diary: latency, sleeping during the day, waking during the night	<i>Visualisation of soft black velvet curtain, warm comfortable feeling, visualisation of a beautiful place, countdown from 10 to 0 with suggestion of relaxation, metaphor, visualisation of special place</i>
Sulaiman ³¹	Student with anxiety	Case study	Time required to fall asleep, number of awakenings, time remaining asleep: qualitative and quantitative information	<i>Self-hypnosis: suggestion, relaxation, deep relaxation, visualisation special place Counting down 10 to 0 Positive suggestion, metaphor, suggestion for sleep</i>
Papadakis ⁴²	1 healthy woman, 2 healthy men, 1 student having experienced a traumatic event	4 cases reports	Declarative measure of waking during the night and sleep latency	<i>Repeated hypnotic regression and questioning to identify deep-seated emotional and experimental disruptions of sleep</i>
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NON-RANDOMISED PRE-POST INTERVENTION STUDIES				

Kelly²²	Elderly patients	Pre /post intervention study	Sleep diary and ISI: severity	Script B: <i>Induction with relaxation suggestion, deep relaxation metaphor, suggestion for sleep Positive suggestion, end-state imagery.</i>
Holdevici³³	Patients with anxious depression	Pre/ post intervention study (hypnosis and relaxation)	ISI Severity of insomnia	<i>Visualisation pleasant and peaceful locations Suggestion for relaxation</i>
Schlarb et al²¹	College students	Pre-/post design study Hypnosis and CBT	PSQI: sleep quality, latency, duration, efficacy, disturbances, sleep medication, daytime sleepiness Sleep log: sleep and bedtime, waking up, naps, regeneration Actigraphy: time in bed, sleeping and waking duration, night-time awakenings, sleep efficacy and latency MEQ: Morningness-Eveningness Questionnaire ESS: daytime sleepiness	<i>Self-calming imaginings self-hypnosis</i>
Schlarb et al³⁷	Depressive vs. non-depressive patients Exclusion criteria: additional psychotherapy at the same time	Longitudinal pilot study pre- post intervention Hypnosis and CBT	Sleep diary and sleep log (SOL, number and duration of WASO, TST, SE, mood, performance and regeneration)	<i>HT-I program: different trances for each session, non-detailed in the study</i>

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RANDOMISED CONTROLLED STUDIES				
Stanton²⁵ 1989	Healthy adults Exclusion: less than 30 min average SOL, current use of drugs, contact with other professional services, sleep disturbances less than 6 months	1) Hypnotic relaxation 2) Stimulus Control 3) Placebo Group	Sleep diary: SOL	<i>like Stanton 1999</i>
Borkovec et al¹⁹	Female students	1) Progressive relaxation 2) Hypnotic relaxation 3) Self- relaxation 4) Waiting-list - no treatment	Sleep diary: SOL, number of times awakened, number of times awakened and had difficulty falling back to sleep, difficulty in falling asleep, feeling rested in the morning EMG: skin conductance, heart rate muscle tension	<i>Direct suggestion of relaxation</i>
Kenneth Graham et al²⁰	Students	1) Hypnosis and relaxation 2) Relaxation alone	Sleep diary: number of nights with insomnia Scale 0-10 severity of insomnia	<i>Suggestion "to go to sleep"</i>
Barabasz³⁴	Patients suffering from mild depression	1) CET	Scale 1-7: 1- no change in sleep problem	<i>The term hypnosis is not used, technique not detailed</i>

		<p>2) CET placebo</p> <p>3) CET + hypnosis</p> <p>4) CET Placebo + hypnosis</p>	7- fully recovered	
Anderson et al³⁵	<p>Adults</p> <p>Exclusion: patients with pain, obvious endogenous depression or serious nervous disorder, including psychopaths</p>	<p>Cross-over</p> <p>1) Hypnosis</p> <p>2) Nitrazepam</p> <p>3) Placebo group</p>	Sleep diary: TST, SOL, quality, waking state	<p><i>No specific trance induction or deepening techniques</i></p> <p><i>For one hypnotist: simple prolonged relaxation technique, guided imagery (safe, warm place) or suggestion of warm dark room</i></p> <p><i>Suggestion of sleep, self-hypnosis</i></p>
Abramowitz et al³⁸	<p>Veterans with chronic PTSD</p> <p>Exclusion: traumatic brain injury, use of hypnotics in the last 4 weeks, alcohol and cannabis consumption, depressive symptoms, chronic pain</p>	<p>1) Hypnosis</p> <p>2) Zolpidem</p>	Sleep diary; TST, quality, number of awakenings, ability to concentrate, morning sleepiness	<p><i>Age-regression</i></p> <p><i>Permissive and coping posthypnotic suggestions both overt and hidden to strengthen ego</i></p> <p><i>Symptom-oriented posthypnotic suggestions</i></p>
Farrell et al²⁸	<p>Adult cancer survivors. Exclusion: untreated diagnosis of</p>	<p>1) SHUT-i</p>	<p>ISI</p> <p>Sleep diary: SOL, WASO, number of awakenings, waking time, rising time,</p>	<p><i>Self-hypnosis:</i></p> <p><i>Day 1 suggestion of coolness</i></p>

	a sleep disorder other than insomnia, psychiatric disturbance, current substance abuse or dependence, other counselling, or psychotherapy for insomnia in the previous 3 months, pregnancy, changes in medication regimen	2) waiting list control and re-randomised: 1) Hypnosis 2) waiting list (control)	daytime naps, assessment of refreshed feeling at morning awakening, assessment of soundness of previous night's sleep, medication and alcohol use as sleep aids	<i>Day 2 suggestion of warmth</i> <i>Day 3 suggestion of floating</i>
Cheng et al³⁹	Patients with ruminations. Exclusion: psychiatric disease, physical illness, substance abuse, other sleep disorders, pregnancy	1) Hypnosis 2) Half an hour jogging daily	PSQI: sleep quality, sleep latency, sleep duration, habitual sleep efficacy, sleep disturbances, and daytime dysfunction	<i>Suggestion of deeper relaxation or counting backward techniques</i> <i>Suggestion of pleasant experiences</i> <i>Suggestion of better compartmentalisation (boundary) skills</i> <i>Positive self-hypnosis and self-suggestion, suggestion of sleep</i>
Mendoza et al²⁶	Patients in active cancer treatment or post-treatment survivors. Exclusion: suicidal ideation or active psychosis or hallucinations, severe cognitive impairment	Cross-over 1) CBT combined with hypnosis (VMWH-CBT) 2) Educational intervention	MOS-9: 7-item fatigue short form	<i>VMWH: Self-hypnosis and CBT. Self-hypnosis with eyes open while engaged in their activities. Model can be used either with relaxation or activation, depending on patients' needs.</i>

<p>Lam et al³⁶</p>	<p>Adults with insomnia according to DSM-5 criteria. Exclusion: other treatment for insomnia, major depressive disorder, generalised anxiety disorder, panic disorder, substance use disorder, mental disorder, 17-item Hamilton depression > 18 Untreated sleep disorders and pregnancy</p>	<p>1) Hypnotherapy with disease-specific suggestions 2) Hypnotherapy with generic suggestions</p>	<p>Sleep diary: SE</p>	<p><i>Induction: progressive relaxation</i> <i>Disease-specific hypnosis: suggestion of serene place, screen visualisation techniques, management of insomnia-related anxieties</i> <i>Generic- suggestion visualisation neutral objects, screen visualisation technique, self-confidence and self-care enhancement</i> <i>Audio clips to practice at home</i></p>
<p>Kastubi et al⁴⁰</p>	<p>Elderly subjects aged 55-80 years</p>	<p>1) Hypnosis 2) Relaxation 3) Relaxation + hypnosis</p>	<p>Self-report questionnaires, not detailed</p>	<p><i>Not detailed</i></p>

SOL: Sleep onset latency, WASO: Waking after sleep onset, TST: total sleep time, SE: sleep efficacy ESS: Epworth Sleepiness Scale ISI: Insomnia Severity Index EMG: electromyogram