References:

- Ambikairajah, A., Walsh, E., & Cherbuin, N. (2022). A review of menopause nomenclature. *Reproductive Health*, 19(1).
- Caretto, M., Giannini, A., & Simoncini, T. (2019). An integrated approach to diagnosing and managing sleep disorders in menopausal women. *Mauritas*, 128, 1–3.
- Charest, J., & Grandner, M. A. (2022). Sleep and Athletic Performance. *Sleep Medicine Clinics*, 17(2), 263–282.
- Coffey, S. F., Banducci, A. N., & Vinci, C. (2015). Common questions about cognitive behaviour therapy for psychiatric disorders. *American Family Physician*, 92(9), 807–812.
- Drake, C. L., Kalmbach, D. A., Arnedt, J. T., Cheng, P., Tonnu, C. V., Cuamatzi-Castelan, A., & Fellman-Couture, C. (2019). Treating chronic insomnia in postmenopausal women: a randomized clinical trial comparing cognitive-behaviour therapy for insomnia, sleep restriction therapy, and sleep hygiene education. *Sleep Research Society*, 1–11.
- Fullagar, H. H. K., Skorski, S., Duffield, R., Hammes, D., Coutts, A. J., & Meyer, T. (2015). Sleep and athletic performance: the effects of sleep loss on exercise performance, and physiological and cognitive responses to exercise. *Sports Medicine (Auckland, N.Z.)*, 45(2), 161–186.
- Guthrie, K. A., Larson, J. C., Ensrud, K. E., Anderson, G. L., Carpenter, J. S., Freeman, E. W., Joffe, H., LaCroix, A. Z., Manson, J. E., Morin, C. M., Newton, K. M., Otte, J., Reed, S. D., & McCurry, S. M. (2018). Effects of Pharmacologic and Nonpharmacologic Interventions on Insomnia Symptoms and Self-reported Sleep Quality in Women with Hot Flashes: A pooled analysis of Individual Participant Data From Four MsFLASH Trials. *SLEEP*, 41(1), 1–9.
- Gyun-Ho, J. (2024). Insomnia in Postmenopausal Women: How to Approach and Treat It? *Journal of Clinical Medicine*, 13(428), 1–14.
- Kalmbach, D. A., Cheng, P., Roth, T., & Sagong, C. (2020). Objective sleep disturbance is associated with poor response to cognitive and behavioural treatments for insomnia in postmenopausal women. *Sleep Medicine*, *73*, 82–92.
- López-Otín, C., Galluzzi, L., Freije, J. M. P., Madeo, F., & Kroemer, G. (2016). Metabolic Control of Longevity. *Cell*, 166(4), 802–821.
- Ma, L.-L., Wang, Y.-Y., Yang, Z.-H., Huang, D., Weng, H., & Zeng, X.-T. (2020). Methodological Quality (risk of bias) Assessment Tools for Primary and Secondary Medical studies: What Are They and Which Is better? *Military Medical Research*, 7(7).
- McGuinness, L. A., & Higgins, J. P. T. (2020). Risk-of-bias VISualization (robvis): An R package and Shiny web app for visualizing risk-of-bias assessments. *Research Synthesis Methods*, 12(1).
- Minozzi, S., Dwan, K., Borrelli, F., & Filippini, G. (2021). Reliability of the revised Cochrane risk-of-bias tool for randomised trials (RoB2) improved with the use of implementation instruction. *Journal of Clinical Epidemiology*.
- Mollayeva, T., Thurairajah, P., Burton, K., Mollayeva, S., Shapiro, C. M., & Colantonio, A. (2016). The Pittsburgh sleep quality index as a screening tool for sleep dysfunction in clinical and non-clinical samples: A systematic review and meta-analysis. *Sleep Medicine Reviews*, 25, 52–73.
- Moloney, M. E., Dunfee, M. T., Rutledge, M., & Schoenberg, N. (2020). Evaluating the Feasibility and Acceptability of Internet-Based Cognitive Behavioural Therapy for Insomnia in Rural Women. *Womens Health Reports*, *1*(1), 114–122.

- Page, M. J., Moher, D., Bossuyt, P. M., Boutron, I., Hoffmann, T. C., Mulrow, C. D., Shamseer, L., Tetzlaff, J. M., Akl, E. A., Brennan, S. E., Chou, R., Glanville, J., Grimshaw, J. M., Hróbjartsson, A., Lalu, M. M., Li, T., Loder, E. W., Mayo-Wilson, E., McDonald, S., & McGuinness, L. A. (2021). PRISMA 2020 Explanation and elaboration: Updated Guidance and Exemplars for Reporting Systematic Reviews. *BMJ*, *372*(160). NCBI.
- Perlis, M. L., Smith, M. T., Jungquist, C., Nowakowski, S., Orff, H., & Soeffing, J. (2010). Cognitive-behavioural therapy for insomnia. *Clinical Handbook of Insomnia*, 281–296.
- Proserpio, P., Marra, S., Campana, C., Agostoni, E. C., Palagini, L., Nobili, L., & Nappi, R. E. (2020). Insomnia and menopause: a narrative review on mechanisms and treatments. *Climacteric*, 23(6), 539–549.
- Riemann, D., Nissen, C., Palagini, L., Otte, A., Perlis, M. L., & Spiegelhalder, K. (2015). The neurobiology, investigation, and treatment of chronic insomnia. *The Lancet Neurology*, *14*(5), 547–558.
- Rothschild, C. E. (2022). Exercise Considerations for the Masters Female Athlete. *Strength & Conditioning Journal*, *Publish Ahead of Print*.
- Seow, L. S. E., Verma, S. K., Mok, Y. M., Kumar, S., Chang, S., Satghare, P., Hombali, A., Vaingankar, J., Chong, S. A., & Subramaniam, M. (2018). Evaluating DSM-5 Insomnia Disorder and the Treatment of Sleep Problems in a Psychiatric Population. *Journal of Clinical Sleep Medicine : JCSM : Official Publication of the American Academy of Sleep Medicine*, 14(2), 237–244.
- Wong, M. L., Lau, K. N. T., Espie, C. A., Luik, A. I., Kyle, S. D., & Lau, E. Y. Y. (2017). Psychometric properties of the Sleep Condition Indicator and Insomnia Severity Index in the evaluation of insomnia disorder. *Sleep Medicine*, *33*, 76–81. Xu, Q., & Lang, C. P. (2014). Examining the relationship between subjective sleep disturbance and menopause. *Menopause*, *21*(12), 1301–1318