**Search strategy**

**Central Cochrane**

#1 ashwagandha

#2 Ashwagandha OR Withanias OR Withania somnifera OR Withania somniferas OR somniferas, Withania OR Indian ginseng

#3 #1 OR #2

#4 sleep OR difficulty sleeping OR insomnia OR insomnias OR sleep initiation and maintenance disorders OR DIMS

#5 quality of life OR life quality

#6 #4 OR #5

#7 #3 AND #6

**MEDLINE**

1. ashwagandha

2. Ashwagandha OR Withanias OR Withania somnifera OR Withania somniferas OR somniferas, Withania OR Indian ginseng

3. or/1-2

4. sleep

5. difficulty sleeping OR insomnia OR insomnias OR sleep initiation and maintenance disorders OR DIMS

6. quality of life OR life quality

7. or/4-6

8. 2 and 7