

Supplementary figure 4.1. Subjective Total Sleep Time (sTST) with 25 mg Daridorexant at 1 month

Supplementary figure 4.3. Subjective Total Sleep Time (sTST) with 50 mg Daridorexant at 1 month Daridorexant Placebo Mean Difference Mean Difference Study or Subgroup SD Total Mean SD Total Weight IV, Random, 95% CI Mean IV, Random, 95% CI Dauvilliers et al, 2020 77.4 58.7 61 52.7 50.3 60 13.5% 24.70 [5.23, 44.17]

NCT03545191 43.62 48.74 310 21.56 48.85 310 86.5% 22.06 [14.38, 29.74] Total (95% CI) 371 370 100.0% 22.42 [15.27, 29.56] Heterogeneity:  $Tau^2 = 0.00$ ;  $Chi^2 = 0.06$ , df = 1 (P = 0.80);  $I^2 = 0\%$ -50 50. -100 100 Test for overall effect: Z = 6.15 (P < 0.00001)

Favours [Placebo] Favours [Daridorexant]