

Supplementary File: Author Reported Limitations

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Author	Comments
Abanobi et al., 2015	"Inability to compare the effect of duration of habits and age at onset of habit" (p. 336) "Limited time set aside for the surveillance exercise" (p. 336)
Cary et al., 2016	"Mismatch in time frame of measurement" (p. 6). Recording of sleep posture occurred over 2 nights but participants questioned about symptoms over prior 1 month.
Desouzar et al., 2016	Due to the population studied it was "not possible to use a homogenous sample and larger number of participants." (p. 239) "The four weeks may not have been sufficient to create habits in participants, however, and because of the time limitations of this study, it was not possible to have a longer time." (p. 239) "results are based on the statements of the participants" (p. 239)
Gordon, Grimmer and Trott, 2007	"As small subject numbers constrained confidence in the findings, further research is required into the contributors to waking symptoms. for upright sleepers" (p. 6)
