

Evidence table

Claim	Evidence snippet	Citation	Confidence	Notes
The Ministry of Health, Labour and Welfare in Japan concluded that "sleep quality is a superior sleep index to sleep quantity for assessing sleep" (kohyama2021which, kohyama2021which_chunk_014).	ively. The Ministry of Health, Labour and Welfare in Japan organized a nationwide research team on the quality of sleep (19FA0901). The author was one of the review board members of the team. The team...	(kohyama2021which, kohyama2021which_chunk_014)	0.73	Which Is More Important for Health: Sleep Quantity or Sleep Quality? (2021)
Sleep quantity and sleep quality are both fundamental components of sleep, but they are assessed and understood differently based on various studies. 1. **Definition s and Importance**: - Sleep qua...	Janszky, J.; Kovcs, N.; Faludi, B. Low test-retest reliability of the Epworth Sleepiness Scale within a substantial short time frame. J. Sleep Res. 2021, 25, e13277. 61. Kohyama, J. Determinants of s...	(kohyama2021which, kohyama2021which_chunk_034)	0.72	Which Is More Important for Health: Sleep Quantity or Sleep Quality? (2021)
Definitions and Importance: - Sleep quantity refers to the total duration of sleep, while sleep quality encompasses aspects such as restfulness, sleep depth, and the absence of disturbances (kohyama2021which, kohyama2021which_chunk_001).	children Review Which Is More Important for Health: Sleep Quantity or Sleep Quality? Jun Kohyama ■■■■■■ ■■■■ ■■■■■■ Citation: Kohyama, J. Which Is More Important for Health: Sleep Quantity or Sleep Qua...	(kohyama2021which, kohyama2021which_chunk_001)	0.71	Which Is More Important for Health: Sleep Quantity or Sleep Quality? (2021)
Sleep quantity and sleep quality are both fundamental components of sleep, but they are assessed and understood differently based on various studies. 1. **Definition s and Importance**: - Sleep qua...	Ref] [PubMed] 72. Ricardo, A.C.; Knutson, K.; Chen, J.; Appel, L.J.; Bazzano, L.; Carmona-Powell, E.; Cohan, J.; Kurella Tamura, M.; Steigerwalt, S.; Thornton, J.D.; et al. The association of sleep du...	(kohyama2021which, kohyama2021which_chunk_036)	0.70	Which Is More Important for Health: Sleep Quantity or Sleep Quality? (2021)
Sleep quantity and sleep quality are both fundamental components of sleep, but they are assessed and understood differently based on various studies. 1. **Definition s and Importance**: - Sleep qua...	0.308 0.623 0.156 Sleep Dysfunction 0.064 0.010 3.147 0.007 -0.015 -0.003 -0.035 0.023 0.008 -0.050 -0.023 (0-3) 0.164 0.767 0.279 0.673 0.844 0.811 0.162 0.161 0.357 0.461 0.223 Sleep Duration 0.011...	(dowd2011sleep, dowd2011sleep_chunk_026)	0.70	Sleep duration, sleep quality, and biomarkers of inflammation in a Taiwanese population (2011)