

# Preparing the NHANES Data for the Replication of: Association between sleep duration on workdays and blood pressure in non-overweight/obese population in NHANES: a public database research\*

Short title goes here!

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## Abstract

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## Introduction

- importance of reproducibility
- As a case on point ...?
- Underscores the importance of reproducibility within the frame of statistical analysis. We use the study by to ... The current study builds on the paper by .. and starts in the manner of a replication study and extends the analyses therein. We focus on statistical analyses of these data and compare models based on varied specification of functional forms of the covariates.

## Methods

### Study population

Data utilized in this paper is sourced from the National Health and Nutrition Examination Survey (NHANES), a comprehensive nationwide survey administered by the National Center for Health Statistics (NCHS) via the Centers for Disease Control and Prevention (CDC). The survey assesses the health and nutrition of the entire non-institutionalized US population, spanning all ages and residing in all 50 states as well as Washington D.C. As such, the survey provides a cross-sectional view of a representative sample of the US population. Further information about NHANES can be found at [www.cdc.gov/nchs/nhanes](http://www.cdc.gov/nchs/nhanes).

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\*Replication files are available on the author's Github account (<http://github.com/okutse/sleepBP>). **Current version:** December 08, 2023; **Corresponding author:** [steven.v.miller@gmail.com](mailto:steven.v.miller@gmail.com).

## Data

Our current analyses combine the 2015 - 2018 NHANES survey cycles to yield  $n = 19225$  observations on 35 covariates. This sample size was comprised  $n = 9971$  and  $n = 9254$  observations from the 2015/2016 and 2017/2018 survey cycles, respectively. Analyses excluded individuals with missing data on sleep ( $n = 6818$ ), blood pressure (BP) ( $n = 1055$ ), and body mass index (BMI) or those with  $BMI > 25 \text{ kg/m}^2$  (overweight) ( $n = 5521$ ). Individuals that reported being on anti-hypertensive medication were also excluded from further analyses ( $n = 2944$ ).

### Outcome definition:

We defined our outcome as systolic and diastolic blood pressure. These variables are measured by trained examiners using standardized procedures. Given that systolic and diastolic blood pressure measurements are taken at least four times on an individual, our definition of these outcome is based on an average of the first three blood pressure measurements.

### Exposure:

Sleep duration on workdays was evaluated by the questionnaire with the following questions: “Number of hours usually sleep on weekdays or workdays”. Sleep duration was divided into three groups, which were  $< 6 \text{ h}$ ,  $6\text{--}8 \text{ h}$ ,  $8 \text{ h}$  respectively, of which  $6\text{--}8 \text{ h}$  was used as the reference group.

### Covariates:

In addition to the exposure and outcome variables, our analyses included the following as covariates: Race divided into four groups as Mexican American, white, black and other race. Alcohol consumption was grouped into drinking, no drinking, not recorded. Smoking status as smoking, not smoking, not recorded. Diabetes was defined as yes, no, borderline, or not recorded. Hypertension was defined as yes, no, or not recorded. Snorting was defined as yes, no, and not recorded. US citizenship status was defined as citizen by birth or naturalization, don’t know, not a citizen, or refused to answer. Education level was grouped into four categories including graduate studies, high school, less than grade 12 or some college. Additional covariates included marital status, gender, age, albumin, creatinine, hemoglobin, total cholesterol (TC), aspartate aminotransferase (AST), high-density lipoprotein (HDL), and body mass index (BMI). Details about these variables can be found at <https://wwwn.cdc.gov/nchs/nhanes/search/default.aspx>. Age, albumin, creatinine, hemoglobin, TC, AST, HDL, and BMI were analyzed as continuous variables whereas gender, alcohol consumption, diabetes, smoking, race, hypertension, and snorting were analyzed as categorical variables. Table @ref{tab:tabone} highlights the variable names and descriptions as utilized in this study.

Table 1: Variable names and descriptions

Variable	Name	Description
SEQN	sequence number	Respondent number
SDMVPSU	psu	Masked variance unit pseudo-PSU variable for variance estimation
WTINT2YR	weights	Full sample 2-year interview weights
SDMVSTRA	strata	Masked variance unit pseudo-stratum variable for variance estimation
RIAGENDR	gender	Respondent's number
RIDAGEYR	age (yrs)	Respondent's age in years
DMDMARTL	marital status	Marital status
INDFMIN2	income category	Total family income (reported as a range value in dollars)
RIDRETH3	race	Recode of reported race and Hispanic origin information, with Non-Hispanic Asian Category
DMDHHSZA	children <5	Number of children aged 5 years or younger in the household
DMDEDUC2	education level	What is the highest grade or level of school {you have/SP has} completed or the highest degree {you have/s/he has} received?
DMDCITZN	citizenship status	{Are you/Is SP} a citizen of the United States? [Information about citizenship is being collected by the U.S. Public Health Serv
SLD012	sleep	Number of hours usually sleep on weekdays or workdays
BMXBMI	bmi	Body mass index
ALQ121	alcohol use	In the past 12 months, how often did you drink any type of alcoholic beverage?
LBDHDDSI	hdl	High density lipoprotein
LBDSALSI	albumin	Albumin (g/L)
DIQ010	diabetes	Have you ever been told by a doctor or health professional that you have diabetes or sugar diabetes?
BPQ020	hypertension	{Have you/Has SP} ever been told by a doctor or other health professional that {you/s/he} had hypertension, also called high blood pressure?
URXCRS	creatinine	Creatinine, urine (umol/L)
SLQ040	snort	In the past 12 months, how often did {you/SP} snort, gasp, or stop breathing while {you were/s/he was} asleep?
LBDTCSI	total cholestrol levels	Total cholesterol (mmol/L)
LBXHGB	hemoglobin	Hemoglobin (g/dL)
LBXSASSI	AST	Aspartate aminotransferase
SMQ040	smoke	Do you now smoke cigarettes?
BPXDI	blood pressure	Systolic and diastolic blood pressure taken as the average of the first three measurements

## Statistical modeling

## Results

Table 2 summarizes participant characteristics in the 2015 - 2018 NHANES survey cycles stratified by gender. Among the participants, the proportion of males and females were 44.81% (n = 1378) and 55.19% (n = 1509), respectively. With ethnicity, the proportion of Mexican American, White and Black were 6.27%, 64.62% and 9.94%, respectively. Overall, the mean (SD) values for age, albumin, creatinine, SBP, DBP, hemoglobin, TC, AST, HDL, BMI were 38.54 (17.72) years, 43.48 (3.58) g/L, 73.21 (19.73) umol/L, 115.33 (14.56) mmHg, 68.47 (10.08) mmHg, 14.07(1.44)g/dL, 4.67 (1.01) mmol/L, 23.18 (13.01) IU/L, 1.59 (0.43) mmol/L, and 21.97(2.06) kg/m<sup>2</sup>, respectively. Among the participants, 66.01% were consumed alcohol drinkers, 2.61% were diabetes, 3.16% were hypertension, 6.72% have snort or stop breathing. 17.99% were smokers. Sleep duration was divided into three groups, which were < 6 h, 6–8 h, 8 h, each with a proportion of 6.26%, 40.53%, 53.21%, respectively.

Male and female participants differed significantly on characteristics including

The univariate analysis of potential confounding factors is shown in Table 2.

Table 2: Unweighted summary characteristics of the participants in the NHANES 2015 - 2018 survey cycles stratified by gender.

Variable	Overall, N = 1,977	Female, N = 1,063	Male, N = 914	p-value
<b>BMI</b>	22.08 (2.03)	21.83 (2.04)	22.37 (1.98)	<0.001
<b>HDL</b>	1.60 (0.45)	1.73 (0.45)	1.45 (0.40)	<0.001
<b>Total cholestrol</b>	4.81 (1.02)	4.87 (1.05)	4.73 (0.99)	0.005
<b>Hemoglobin</b>	13.94 (1.46)	13.20 (1.18)	14.81 (1.28)	<0.001
<b>Albumin</b>	43.04 (3.59)	42.40 (3.36)	43.78 (3.70)	<0.001
<b>AST</b>	23.47 (13.17)	21.59 (9.78)	25.66 (15.98)	<0.001
<b>Creatinine</b>	10,132.60 (7,349.24)	8,715.09 (6,809.53)	11,781.19 (7,609.15)	<0.001
<b>Hypertension</b>				0.002
Don't know	4.00 (0.20%)	2.00 (0.19%)	2.00 (0.22%)	
No	1,819.00 (92.01%)	998.00 (93.89%)	821.00 (89.82%)	
Yes	154.00 (7.79%)	63.00 (5.93%)	91.00 (9.96%)	
<b>Diabetes</b>				0.010
Borderline	33.00 (1.67%)	15.00 (1.41%)	18.00 (1.97%)	
No	1,844.00 (93.27%)	1,008.00 (94.83%)	836.00 (91.47%)	
Yes	100.00 (5.06%)	40.00 (3.76%)	60.00 (6.56%)	
<b>Citizenship</b>				0.2
Citizen by birth or naturalizati	1,616.00 (81.74%)	858.00 (80.71%)	758.00 (82.93%)	
Don't Know	1.00 (0.05%)	1.00 (0.09%)	0.00 (0.00%)	
Not a citizen of the US	357.00 (18.06%)	201.00 (18.91%)	156.00 (17.07%)	
Refused	3.00 (0.15%)	3.00 (0.28%)	0.00 (0.00%)	
<b>Education</b>				<0.001
GraduateStudies	646.00 (32.68%)	394.00 (37.06%)	252.00 (27.57%)	
Highschool	415.00 (20.99%)	192.00 (18.06%)	223.00 (24.40%)	
Less12grade	359.00 (18.16%)	143.00 (13.45%)	216.00 (23.63%)	
someCollege	557.00 (28.17%)	334.00 (31.42%)	223.00 (24.40%)	
<b>Children &gt; 5 yrs</b>				0.002
0	1,547.00 (78.25%)	798.00 (75.07%)	749.00 (81.95%)	
1	274.00 (13.86%)	168.00 (15.80%)	106.00 (11.60%)	
2	123.00 (6.22%)	74.00 (6.96%)	49.00 (5.36%)	
3 or more	33.00 (1.67%)	23.00 (2.16%)	10.00 (1.09%)	
<b>Age (yrs)</b>	43.79 (17.43)	42.77 (16.65)	44.98 (18.24)	0.024

<b>Marital status</b>				0.003
Divorced	180.00 (9.10%)	111.00 (10.44%)	69.00 (7.55%)	
Living with partner	197.00 (9.96%)	93.00 (8.75%)	104.00 (11.38%)	
Married	961.00 (48.61%)	530.00 (49.86%)	431.00 (47.16%)	
Never married	504.00 (25.49%)	245.00 (23.05%)	259.00 (28.34%)	
Separated	54.00 (2.73%)	33.00 (3.10%)	21.00 (2.30%)	
Widowed	81.00 (4.10%)	51.00 (4.80%)	30.00 (3.28%)	
<b>Survey cycle</b>	914.00 (46.23%)	502.00 (47.22%)	412.00 (45.08%)	0.3
<b>Diastolic blood pressure</b>	69.60 (11.18)	68.79 (10.70)	70.55 (11.65)	<0.001
<b>Systolic blood pressure</b>	118.61 (16.41)	115.78 (16.64)	121.90 (15.52)	<0.001
<b>Sleep</b>				0.005
<6hrs	156.00 (7.89%)	73.00 (6.87%)	83.00 (9.08%)	
>8hrs	1,029.00 (52.05%)	588.00 (55.32%)	441.00 (48.25%)	
6-8hrs	792.00 (40.06%)	402.00 (37.82%)	390.00 (42.67%)	
<b>Race</b>				<0.001
Black	338.00 (17.10%)	143.00 (13.45%)	195.00 (21.33%)	
Mexican American	181.00 (9.16%)	96.00 (9.03%)	85.00 (9.30%)	
Other	768.00 (38.85%)	455.00 (42.80%)	313.00 (34.25%)	
White	690.00 (34.90%)	369.00 (34.71%)	321.00 (35.12%)	
<b>Smoking status</b>				<0.001
Not recorded	1,229.00 (62.16%)	763.00 (71.78%)	466.00 (50.98%)	
Not Smoking	321.00 (16.24%)	137.00 (12.89%)	184.00 (20.13%)	
Smoking	427.00 (21.60%)	163.00 (15.33%)	264.00 (28.88%)	
<b>Snort</b>				<0.001
No	1,590.00 (80.42%)	902.00 (84.85%)	688.00 (75.27%)	
Not recorded	115.00 (5.82%)	49.00 (4.61%)	66.00 (7.22%)	
Yes	272.00 (13.76%)	112.00 (10.54%)	160.00 (17.51%)	
<b>Alcohol</b>				<0.001
Drinking	1,457.00 (73.70%)	737.00 (69.33%)	720.00 (78.77%)	
No drinking	111.00 (5.61%)	52.00 (4.89%)	59.00 (6.46%)	
Not recorded	409.00 (20.69%)	274.00 (25.78%)	135.00 (14.77%)	
<b>Income</b>				<0.001
Low income	131.00 (6.63%)	64.00 (6.02%)	67.00 (7.33%)	
Lower-middle income	389.00 (19.68%)	187.00 (17.59%)	202.00 (22.10%)	
Middle income	550.00 (27.82%)	284.00 (26.72%)	266.00 (29.10%)	
Unknown/Refused	58.00 (2.93%)	27.00 (2.54%)	31.00 (3.39%)	
Upper-middle income	391.00 (19.78%)	210.00 (19.76%)	181.00 (19.80%)	
Varied/High income	458.00 (23.17%)	291.00 (27.38%)	167.00 (18.27%)	

<sup>1</sup> Mean (SD); n (%)

<sup>2</sup> Wilcoxon rank sum test; Fisher's exact test; Pearson's Chi-squared test

## Discussion and conclusion

## References