|  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Table 1:** Meta-analyses data and study quality assessment | | | | | | | | |
| **study** | **Year** | **Ee** | **Ne** | **Ec** | **Nc** | **Sleep Duration** | **Study Type** | **Study Quality\*** |
| Verkasalo *et al*. | 2015 | 23 | 1181 | 188 | 9053 | short | cohort | 8 |
| vogtmann et al. | 2013 | 355 | 8686 | 2049 | 41970 | short | cohort | 8 |
| qian et al. | 2015 | 45 | 1634 | 631 | 16032 | short | cohort | 8 |
| pinheiro et al. | 2009 | 174 | 3553 | 1752 | 32041 | short | cohort | 6 |
| kakizaki et al. | 2008 | 42 | 4549 | 40 | 7087 | short | cohort | 8 |
| wu et al. | 2008 | 179 | 11370 | 131 | 8835 | short | cohort | 8 |
| hurley et al. | 2015 | 1303 | 26440 | 3699 | 74211 | short | cohort | 6 |
| gu et al. | 2016 | 162 | 4441 | 3648 | 74200 | short | cohort | 7 |
| verkasalo et al., | 2015 | 31 | 1988 | 188 | 9053 | long | cohort | 8 |
| vogtmann et al., | 2013 | 235 | 4693 | 2049 | 41970 | long | cohort | 8 |
| qian et al., | 2015 | 161 | 4104 | 631 | 16032 | long | cohort | 8 |
| pinheiro et al., | 2009 | 189 | 3657 | 1752 | 32041 | long | cohort | 6 |
| kakizaki et al., | 2008 | 11 | 3692 | 40 | 7087 | long | cohort | 8 |
| wu et al., | 2008 | 29 | 2284 | 131 | 8835 | long | cohort | 8 |
| hurley et al., | 2015 | 51 | 958 | 3699 | 74211 | long | cohort | 6 |
| gu et al., | 2016 | 189 | 4194 | 3648 | 74200 | long | cohort | 7 |
| **\***study quality was assessed by the NOS Scale. | | | | | | | | |