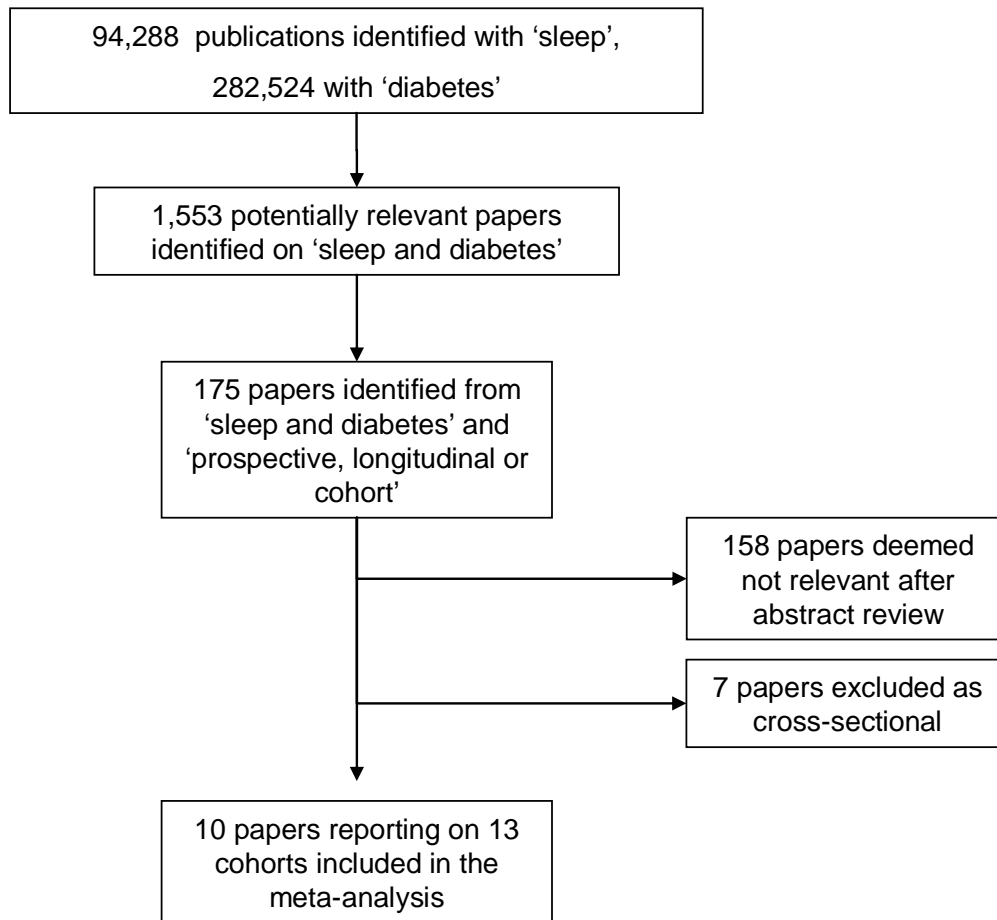


**Appendix 1.** Flowchart indicating the results of the systematic review with inclusions and exclusions



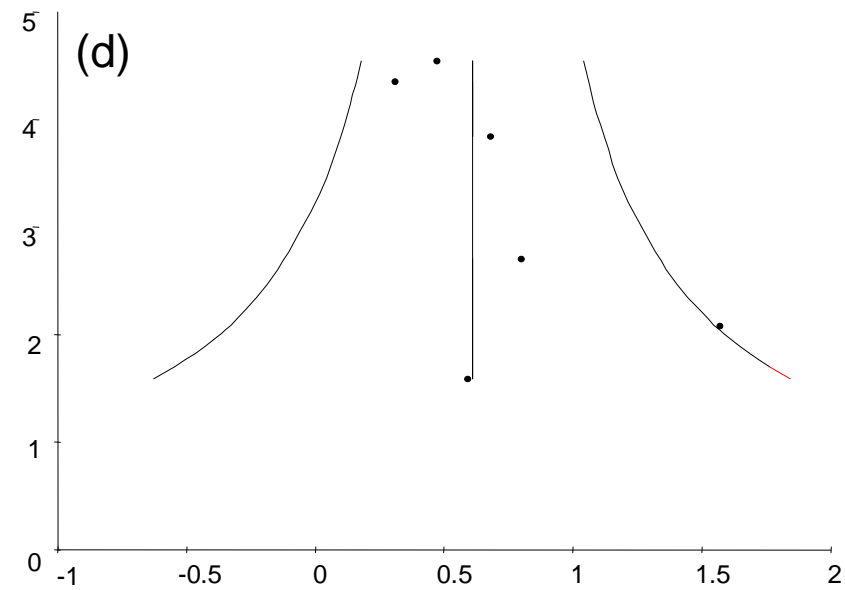
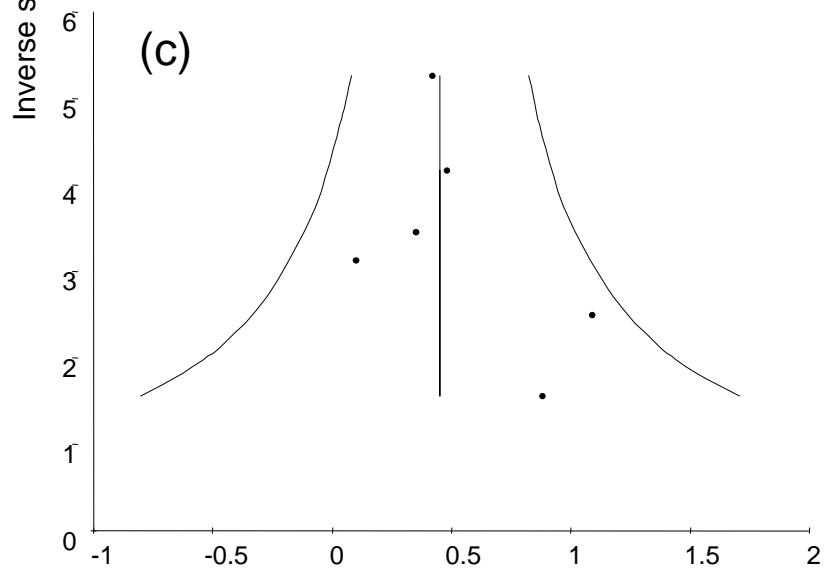
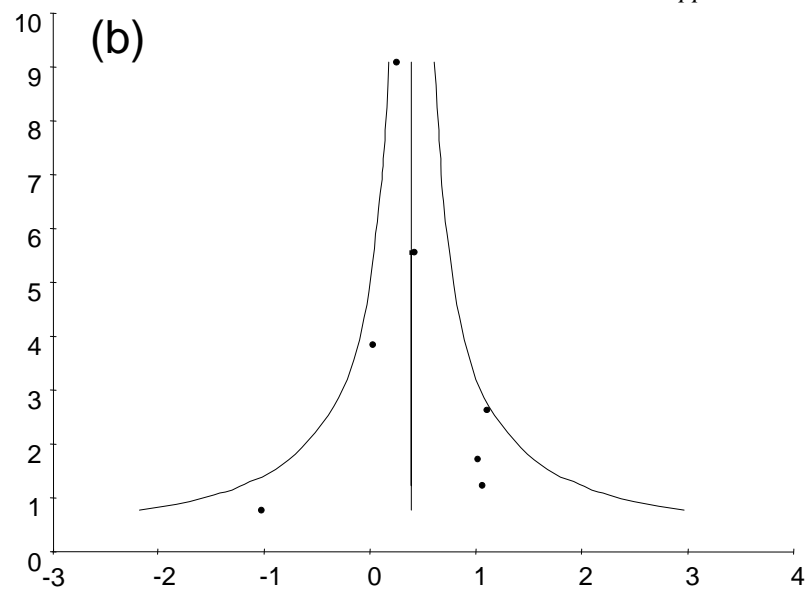
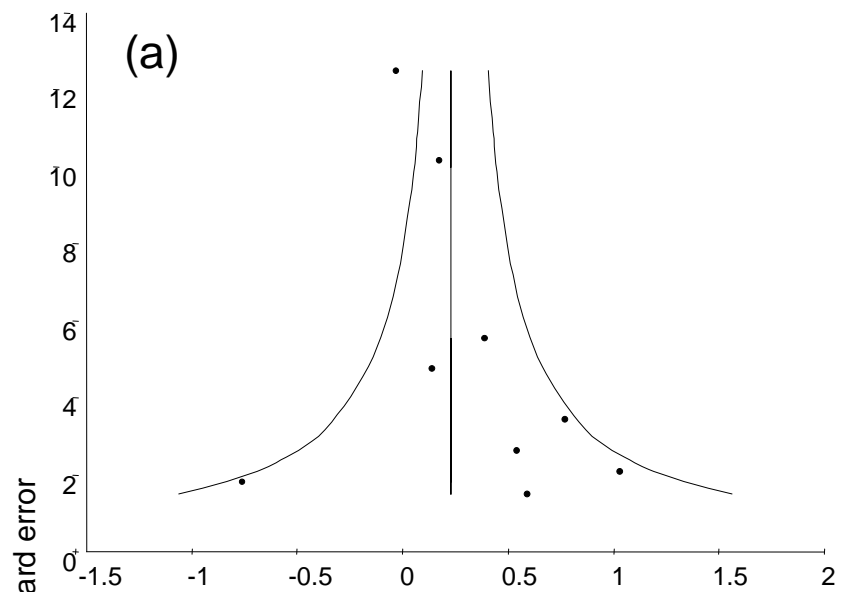
**Appendix 2:**

(a) Funnel plot of the risk type-2 diabetes associated with *short duration* of sleep (Egger's test:  $p=0.14$ )

(b) Funnel plot of the risk type-2 diabetes associated with *long duration* of sleep (Egger's test:  $p=0.42$ )

(c) Funnel plot of the risk type-2 diabetes associated with *difficulty in initiating* sleep (Egger's test:  $p=0.37$ )

(d) Funnel plot of the risk type-2 diabetes associated with *difficulty in maintaining* sleep (Egger's test:  $p=0.15$ )



Ln RR