

SUPPLEMENTARY DATA

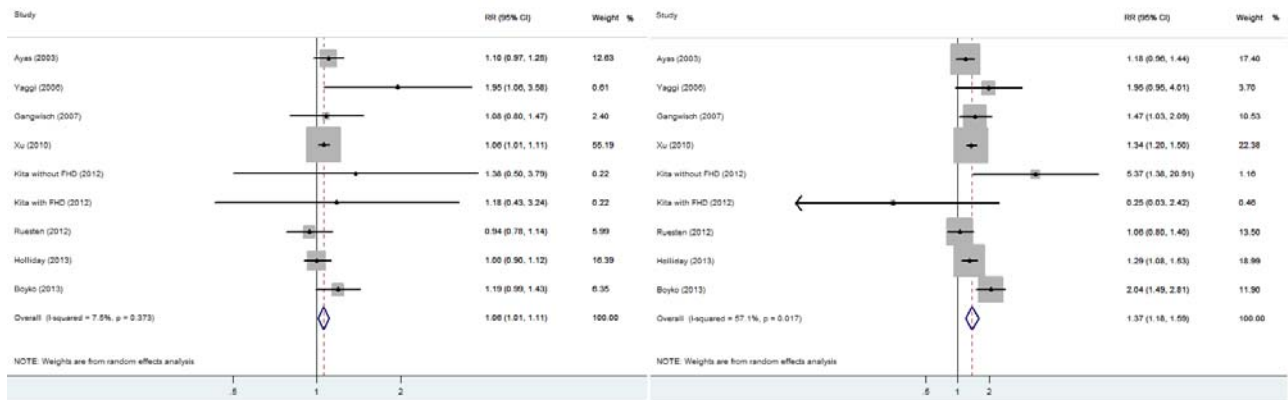
**Supplementary Table 1. Stratified analyses on associations of short and long sleep duration and risk of type 2 diabetes.**

	Short sleep				Long sleep			
	No	RR <sup>a</sup> (95% CI)	P value <sup>†</sup>	I <sup>2</sup> (%)	No	RR <sup>b</sup> (95% CI)	P value <sup>†</sup>	I <sup>2</sup> (%)
<b>Location</b>								
USA	5	1.12 ( 1.04 to 1.19 )	0.01	77.1%	3	1.22 ( 1.05 to 1.41 )	0.11	55.5%
Others	4	1.07 ( 0.98 to 1.16 )	0.22	31.9%	3	1.08 ( 0.95 to 1.22 )	0.01	86.0%
<b>Follow-up time (years):</b>								
≥7	4	1.05 ( 1.03 to 1.07 )	0.36	6.6%	3	1.24 ( 0.96 to 1.62 )	0.01	89.3%
< 7	5	1.08 ( 1.01 to 1.15 )	0.06	55.7%	3	1.08 ( 0.97 to 1.20 )	0.04	69.8%
<b>Study quality score:</b>								
≥7	3	1.05 ( 0.98 to 1.12 )	0.20	37.4%	3	1.24 ( 0.96 to 1.62 )	0.01	89.3%
< 7	6	1.13 ( 1.05 to 1.22 )	0.01	65.1%	3	1.08 ( 0.97 to 1.20 )	0.04	69.8%
<b>No of participants:</b>								
≥10 000	5	1.08 ( 1.03 to 1.13 )	0.01	72.8%	3	1.02 ( 0.97 to 1.07 )	0.22	33.8%
<10 000	4	1.20 ( 1.07 to 1.35 )	0.45	0.0%	3	1.30 ( 1.14 to 1.49 )	0.16	44.8%

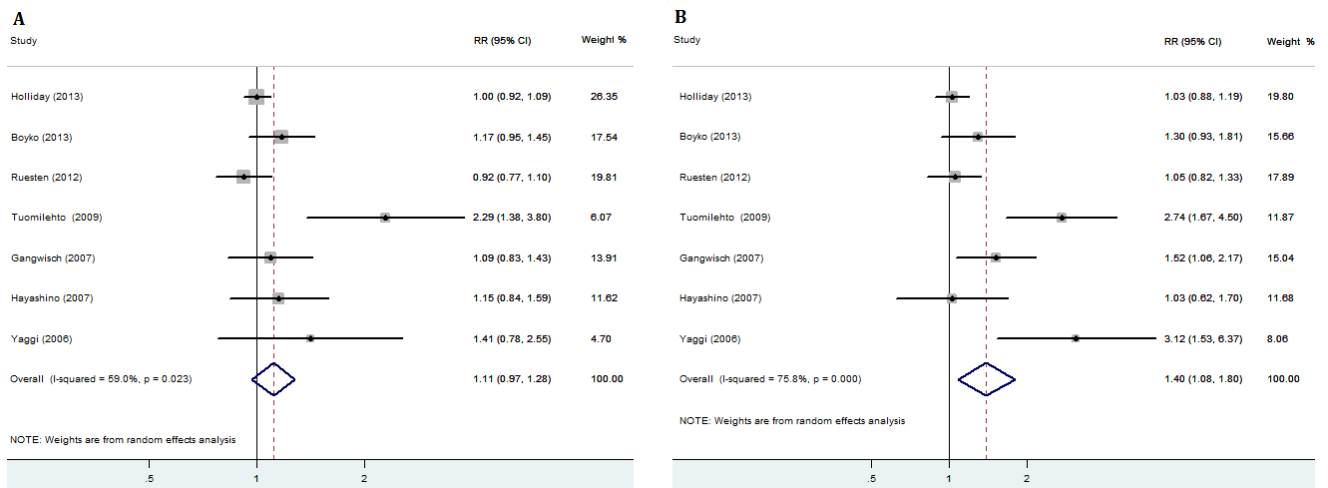
RR= risk ratio. <sup>a</sup> Per hour/day decrease, <sup>b</sup> Per hour/day increase. P value<sup>†</sup> for heterogeneity.

SUPPLEMENTARY DATA

**Supplementary Figure 1.** Forest plot of the associations between short sleep duration and risk of type 2 diabetes. A, for second shortest category; B, for shortest category.



**Supplementary Figure 2.** Forest plot of the associations between long sleep duration and risk of type 2 diabetes. A, for second longest category; B, for longest category.



SUPPLEMENTARY DATA

**Supplementary Figure 3.** Sensitivity analyses for long sleep duration and risk of type 2 diabetes. A, for short sleep; B, for long sleep.

