Identification
Screening
Eligibility
Included
Records identified (n=4,683)
PubMed (n=1,371)
Medline (n=835)
Embase (n=1,552)
Web of Science (n=840)
Cochrane (n=84)
Other (n=1)
Records after duplicates removed
(n= 2,569)
Records screened
(n=2,569)
Records excluded by abstract and title scanning
(n=2,440)
Full-text articles assessed for eligibility
(n=127)
Full-text articles excluded (n=86)
Reasons:
Sleep duration not as exposure (n=28)
Cross-sectional analysis (n=19)
Intervention (n=4)
Unsuitable outcome (n=16)
Cohort already included (n=5)
Unpublished/full text unavailable (n=8)
Unsuitable analysis (n=5)
Studies included in meta-analyses
(n=42)†
Incidence of Obesity/Overweight (n=20)
Change in BMI Z-scores (n=14)
Change in BMI (n=16)