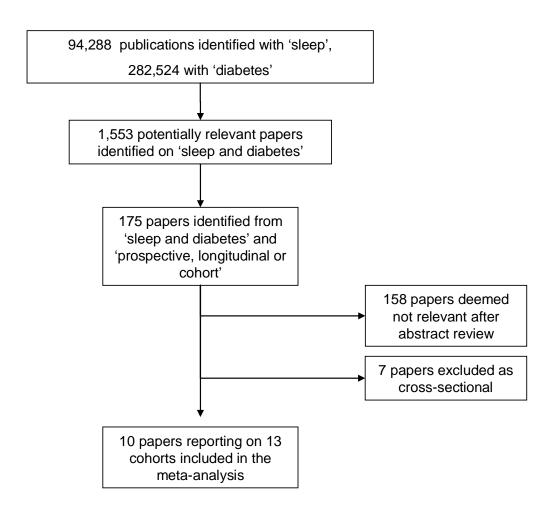
Appendix 1. Flowchart indicating the results of the systematic review with inclusions and exclusions



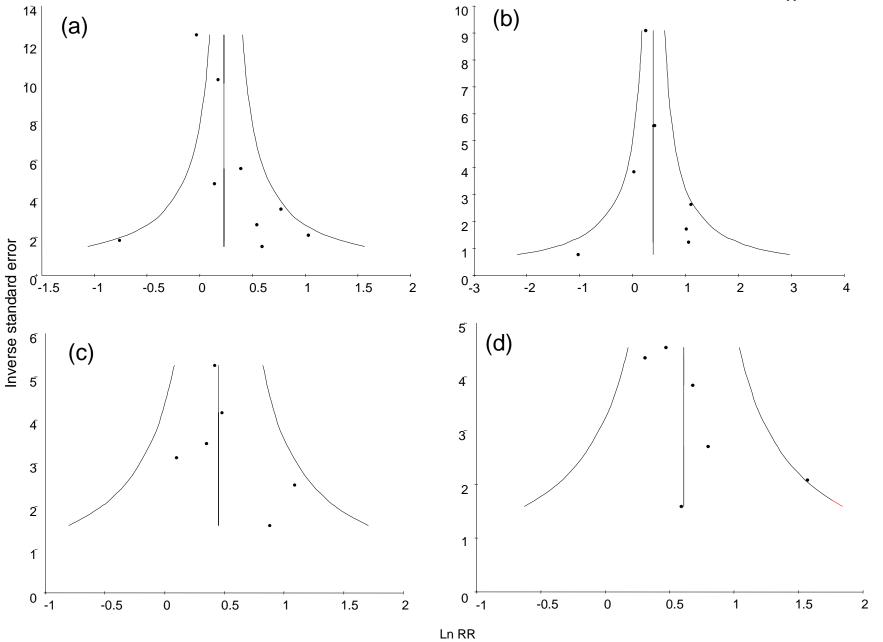
Appendix 2:

(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)



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