

Supplementary Files

Table S1 Different Characteristics of Systolic Blood Pressure of Migrant Workers in China

Characteristics	sleep duration (h)					P value
	<6	6	7	8	≥9	
Sex						
Male	127.94±16.49	126.30±15.11	125.54±14.50	125.31±14.89	123.99±13.77	<.0001
Female	118.61±16.77	116.26±16.43	114.88±14.98	114.04±14.34	112.90±13.87	<.0001
Age(y)						
18-44	121.85±15.65	121.04±15.25	120.14±14.72	119.19±14.99	117.59±14.05	<.0001
45-59	132.26±19.33	131.89±17.99	130.62±18.23	131.01±18.09	131.55±18.38	0.3477
Marital status						
Unmarried	121.10±16.28	117.80±13.98	117.21±12.62	115.91±12.84	115.02±12.52	<.0001
Married/ cohabitating	124.95±17.22	124.13±16.59	122.58±16.08	121.69±16.14	120.09±15.45	<.0001
Widowed / divorced/ separated	124.41±18.58	120.81±14.40	120.78±16.30	119.54±19.42	119.41±17.09	0.1310
Educational level						
Illiterate or Primary school	124.33±16.58	124.37±17.44	122.14±16.10	122.58±16.50	121.22±16.02	0.0005
Junior high school	124.31±17.22	122.97±16.63	122.28±15.61	121.00±15.78	119.39±14.74	<.0001
Senior high school	125.36±17.30	123.23±15.98	121.30±15.94	120.17±15.80	117.94±14.77	<.0001
College graduate or above	123.12±18.00	121.01±14.63	119.83±14.68	117.76±14.45	115.67±13.75	<.0001
Industry sector						
Manufacturing	124.66±16.03	122.83±16.45	121.14±15.32	119.71±15.81	117.77±14.22	<.0001
Wholesale and retail trade	123.82±18.35	121.45±15.16	121.09±15.84	119.69±15.66	119.02±15.32	<.0001
Accommodation and catering	122.99±17.94	120.85±16.48	120.31±15.39	118.56±14.89	116.69±14.41	<.0001
Services	122.16±16.89	121.44±15.93	120.05±16.09	118.63±15.15	116.30±14.26	<.0001
Construction	127.35±18.30	126.21±17.07	125.16±15.78	124.77±15.52	123.54±15.37	0.0001
Other	124.93±16.68	124.86±16.44	122.08±15.29	121.86±15.75	120.07±15.36	<.0001
Annual household income(RMB,in quartiles)						
<20000	123.23±17.75	120.46±16.88	119.35±15.69	118.32±16.08	116.80±15.45	<.0001
20000~	122.33±17.25	122.13±16.28	120.35±15.74	118.94±15.48	117.87±14.61	<.0001
26000~	124.38±16.62	122.40±16.06	120.95±14.87	119.79±15.47	118.34±14.46	<.0001
≥36000	126.58±16.73	125.08±15.70	123.52±15.43	122.81±15.28	121.09±14.45	<.0001
Inflow area						
South	122.25±16.15	121.01±15.58	119.17±14.94	118.29±15.37	116.65±14.49	<.0001
North	126.65±18.04	124.74±16.74	123.53±15.88	122.19±15.76	120.57±14.91	<.0001
Migration time (year)						
<2	122.30±14.99	121.10±15.80	120.07±15.16	118.71±15.16	116.87±13.92	<.0001
2~	123.72±18.06	123.11±16.84	120.99±15.32	119.69±15.02	117.99±14.86	<.0001
4.5~	125.13±17.33	122.49±15.98	123.31±15.44	120.24±15.70	118.55±14.60	<.0001

≥10	125.67±17.63	124.19±16.26	122.92±16.11	122.67±16.65	121.84±15.90	<.0001
Working hours(h)						
<8	126.96±17.73	123.57±17.17	121.93±16.54	119.85±17.28	117.25±14.38	<.0001
8~	123.60±17.41	123.09±16.23	121.61±15.47	120.24±15.63	118.58±15.07	<.0001
≥10	124.99±16.75	122.49±16.20	120.94±15.55	120.50±15.45	119.12±14.57	<.0001
Total static behavior time (h)						
<4	124.20±16.97	123.00±16.34	121.81±15.63	121.08±15.89	119.49±15.09	<.0001
≥4	124.57±17.45	122.83±16.22	121.10±15.52	119.70±15.50	118.02±14.71	<.0001
BMI						
<18.5	122.33±16.80	120.31±16.20	118.43±14.83	117.47±15.09	116.34±14.30	<.0001
18.5-23.9	126.73±16.64	126.23±14.92	125.50±14.72	124.76±14.69	123.84±14.20	<.0001
≥24	128.15±18.38	132.94±16.69	134±16.72	134.29±16.37	133.28±14.85	0.5585
Smoking status						
Non-current smoker	126.36±16.30	125.48±14.94	124.75±14.41	124.56±15.07	122.99±14.19	<.0001
Current smoker	123.06±17.66	121.14±16.91	119.66±15.88	118.39±15.57	116.78±14.79	<.0001
Alcohol consumption in the past 12 months						
Never drinking	122.45±18.35	120.43±17.07	119.12±15.43	117.99±15.26	116.60±14.60	<.0001
Drinking but not excessive	123.94±15.71	122.99±14.87	121.92±14.98	121.39±15.25	119.47±14.50	<.0001
Excessive drinking	130.19±16.16	129.91±16.02	128.97±16.14	128.43±16.74	126.85±15.25	0.0011
Vegetable and fruit intake						
Insufficient intake	123.92±17.08	123.32±16.64	121.67±15.31	120.62±15.75	119.16±14.82	<.0001
Adequate intake	124.72±17.29	122.58±15.97	121.21±15.76	120.04±15.62	118.24±14.93	<.0001
Red meat intake						
Normal intake	123.79±17.85	123.24±17.04	121.18±16.04	120.47±15.69	118.89±15.05	<.0001
Excessive intake	124.83±16.67	122.67±15.70	121.59±15.23	120.16±15.68	118.46±14.76	<.0001
Participants with diabetes						
Yes	142.24±19.33	125.88±17.70	135.37±19.20	133.82±17.38	130.96±16.94	0.0082
No	123.94±16.92	122.62±16.12	121.24±15.44	120.12±15.58	118.50±14.80	<.0001
Stroke patients						
Yes	143.36±15.16	141.18±21.63	133.64±24.18	129.38±23.67	140.08±29.82	0.3000
No	124.30±17.17	122.88±16.25	121.41±15.56	120.28±15.67	118.63±14.86	<.0001
Myocardial infarction patients						
Yes	124.34±16.24	136.88±14.28	133.35±28.11	127.84±20.35	137.38±17.73	0.5786
No	124.38±17.21	122.90±16.28	121.41±15.56	120.28±15.67	118.63±14.88	<.0001
Total	124.38±17.20	122.91±16.28	121.42±15.58	120.29±15.68	118.64±14.89	<.0001

Note: Data were expressed as ($\bar{x} \pm s$ (mm Hg))

The *p*-values were calculated from weighted linear regression to test for differences across sleep duration categories.

Table S2 Different Characteristics of Diastolic Blood Pressure of Migrant Workers in China

Characteristics	sleep duration (h)					P value
	<6	6	7	8	≥9	
Sex						
Male	81.46±12.38	80.24±11.31	79.59±11.27	79.52±11.19	78.04±10.86	<.0001
Female	76.77±10.61	75.07±10.99	74.57±10.29	74.49±10.22	73.46±9.80	<.0001
Age(y)						
18-44	78.14±11.43	77.26±10.96	76.77±10.77	76.60±10.76	75.15±10.20	<.0001
45-59	84.43±12.32	84.40±12.01	83.99±11.98	83.97±11.64	84.24±11.94	0.4899
Marital status						
Unmarried	74.58±12.76	73.11±9.72	72.94±9.32	72.90±9.27	71.86±8.75	0.0008
Married/ cohabitating	80.62±11.73	79.75±11.50	78.95±11.29	78.68±11.18	77.45±10.86	<.0001
Widowed / divorced/ separated	78.61±8.96	76.98±10.85	76.94±11.33	76.65±12.46	75.56±11.25	0.1556
Educational level						
Illiterate or Primary school	78.83±10.77	78.76±11.47	78.30±11.45	78.59±11.45	77.25±10.87	0.0189
Junior high school	79.45±11.82	78.39±11.74	77.87±11.25	77.33±11.05	76.15±10.75	<.0001
Senior high school	80.82±12.51	78.80±11.19	77.42±11.45	77.27±11.28	75.37±10.55	<.0001
College graduate or above	79.97±13.27	78.02±11.26	77.23±10.78	76.43±10.44	74.52±9.94	<.0001
Industry sector						
Manufacturing	79.87±11.64	78.24±11.31	77.30±11.24	76.77±10.90	73.21±10.30	<.0001
Wholesale and retail trade	79.28±12.33	77.69±11.09	77.71±11.07	77.38±11.20	76.54±11.01	0.0045
Accommodation and catering	78.54±12.23	77.10±11.12	76.94±10.96	76.01±11.05	74.43±10.53	<.0001
Services	78.40±11.99	78.15±11.54	77.16±11.34	76.63±10.87	75.05±10.19	<.0001
Construction	81.15±12.69	80.14±12.40	80.10±11.86	79.71±11.18	78.95±11.15	0.0043
Other	80.25±11.45	79.83±11.64	77.88±10.80	78.07±11.01	76.19±10.49	<.0001
Annual household income (RMB, in quartiles)						
<20000	78.85±11.71	76.82±11.18	76.56±11.05	76.19±11.18	74.68±10.73	<.0001
20000~	78.94±11.40	77.91±11.32	76.89±11.09	76.44±10.90	75.28±10.26	<.0001
26000~	79.25±11.02	77.61±11.58	76.88±10.83	76.71±10.86	75.71±10.30	0.0003
≥36000	80.91±12.72	80.13±11.48	79.09±11.28	78.85±10.98	77.38±10.74	<.0001
Inflow area						
South	78.11±11.12	77.36±11.24	76.12±10.75	76.10±10.77	74.76±10.38	<.0001
North	81.35±12.62	79.60±11.62	79.09±11.38	78.43±11.21	76.90±10.76	<.0001
Migration time (year)						
<2	77.66±10.77	76.36±10.50	75.94±11.11	75.66±10.81	73.74±10.11	<.0001
2~	78.73±12.92	78.36±11.72	77.11±10.68	76.76±10.65	75.30±10.25	<.0001
4.5~	81.32±11.19	78.47±11.40	77.84±11.20	77.58±10.99	76.09±10.36	<.0001
≥10	80.52±12.18	79.90±11.68	79.23±11.42	79.23±11.54	78.84±11.28	0.0136
Working hours(h)						
<8	81.05±11.14	79.14±11.06	77.79±11.75	77.40±11.70	74.77±10.21	<.0001
8~	79.44±11.97	78.78±11.28	77.93±11.06	77.35±10.94	75.79±10.61	<.0001
≥10	79.72±12.08	77.90±11.81	77.07±11.24	77.10±11.24	76.19±10.70	<.0001

Total static behavior time (h)						
<4	79.24±11.95	78.00±11.61	77.69±11.24	77.37±11.13	76.07±10.71	<.0001
≥4	80.12±11.95	78.93±11.32	77.61±11.12	77.21±11.00	75.66±10.54	<.0001
BMI						
<18.5	77.93±11.55	76.40±11.13	75.40±10.56	75.33±10.63	74.23±10.12	<.0001
18.5-23.9	81.81±11.36	81.02±10.80	80.67±10.56	80.31±10.35	79.41±10.31	<.0001
≥24	90.40±13.69	87.21±11.49	87.85±11.96	87.41±11.80	86.25±11.28	0.1265
Smoking status						
Non-current smoker	80.46±12.12	79.67±11.40	78.80±11.19	78.91±11.33	77.32±11.10	<.0001
Current smoker	79.14±11.82	77.68±11.44	77.04±11.12	76.56±10.85	75.19±10.33	<.0001
Alcohol consumption in the past 12 months						
Never drinking	78.76±11.68	76.82±11.15	76.39±10.68	76.21±10.53	74.95±10.23	<.0001
Drinking but not excessive	78.92±11.87	78.31±11.05	77.67±11.16	77.41±11.08	75.86±10.58	<.0001
Excessive drinking	83.60±12.07	83.94±11.99	82.90±11.73	82.84±12.15	80.95±11.53	0.0005
Vegetable and fruit intake						
Insufficient intake	79.48±11.77	78.65±11.57	77.83±10.99	77.46±11.13	75.95±10.55	<.0001
Adequate intake	79.81±12.10	78.36±11.38	77.49±11.30	77.14±11.00	75.74±10.66	<.0001
Red meat intake						
Normal intake	79.54±12.09	78.64±11.61	77.58±11.19	77.42±10.92	76.03±10.41	<.0001
Excessive intake	79.77±11.86	78.38±11.36	77.70±11.16	77.18±11.15	765.69±10.76	<.0001
Participants with diabetes						
Yes	89.84±16.44	86.59±10.07	86.70±10.57	85.63±10.02	84.92±10.88	0.1093
No	79.42±11.72	78.31±11.43	77.53±11.13	77.17±11.03	75.73±10.57	<.0001
Stroke patients						
Yes	87.03±7.41	92.15±10.98	83.39±14.71	83.27±11.29	85.71±19.36	0.2823
No	79.64±11.96	78.47±11.45	77.64±11.17	77.27±11.05	75.83±10.60	<.0001
Myocardial infarction patients						
Yes	80.93±6.15	86.28±9.59	88.94±14.26	85.55±15.95	89.76±8.71	0.2591
No	79.66±11.98	78.48±11.47	77.64±11.17	77.27±11.05	75.83±10.61	<.0001
Total	79.67±11.96	78.49±11.47	77.65±11.17	77.28±11.06	75.83±10.61	<.0001

Note: Data were expressed as ($\bar{x} \pm s$ (mm Hg))

The *p*-values were calculated from weighted linear regression to test for differences across sleep duration categories.

**Table S3 Different Characteristics of Pulse Pressure
of Migrant Workers in China**

Characteristics	sleep duration (h)					P value
	<6	6	7	8	≥9	
Sex						
Male	46.48±9.90	46.06±9.39	45.95±8.93	45.80±9.45	45.95±9.35	0.2238
Female	41.84±10.38	41.19±9.62	40.32±8.96	39.55±8.84	39.44±8.92	<.0001
Age(y)						
18-44	43.71±9.75	43.78±9.42	43.38±9.11	42.61±9.45	42.44±9.49	<.0001
45-59	47.82±11.45	47.49±10.63	46.63±10.50	47.04±11.04	47.31±11.07	0.4204
Marital status						
Unmarried	46.52±9.28	44.69±9.78	44.27±9.37	43.01±9.61	43.16±9.81	<.0001
Married/ cohabitating	44.33±10.19	44.38±9.74	43.64±9.36	43.02±9.68	42.64±9.63	<.0001
Widowed / divorced/ separated	45.80±14.64	43.84±9.47	43.84±8.86	42.89±11.40	43.86±10.63	0.3513
Educational level						
Illiterate or Primary school	45.50±11.32	45.61±10.53	43.84±9.76	43.99±9.92	43.97±10.51	0.0042
Junior high school	44.85±10.11	44.58±9.43	44.41±9.31	43.69±9.88	43.24±9.68	<.0001
Senior high school	44.53±10.08	44.43±10.14	43.87±9.54	42.90±9.73	42.57±9.52	<.0001
College graduate or above	43.15±9.50	43.00±8.88	42.60±8.88	41.34±8.92	41.15±9.04	<.0001
Industry sector						
Manufacturing	44.79±9.42	44.59±9.97	43.85±9.21	42.95±9.77	42.56±9.49	<.0001
Wholesale and retail trade	44.54±11.52	43.75±8.75	43.38±9.39	42.30±9.48	42.48±9.66	<.0001
Accommodation and catering	44.45±10.67	43.75±10.03	43.36±9.19	42.58±9.34	42.26±9.50	<.0001
Services	43.76±10.59	43.29±9.69	42.88±9.65	42.04±9.25	41.25±9.21	<.0001
Construction	46.20±10.95	46.07±10.06	45.06±9.31	45.06±9.86	44.59±9.78	0.0041
Other	44.68±9.68	45.03±9.94	44.20±9.45	43.78±9.95	43.86±10.20	0.0108
Annual household income (RMB, in quartiles)						
<20000	44.39±11.11	43.55±10.16	42.79±9.56	42.12±9.78	42.12±10.07	<.0001
20000~	43.39±10.60	44.22±9.42	43.47±9.38	42.50±9.66	42.59±9.49	<.0001
26000~	45.13±10.60	44.79±9.93	44.07±9.41	43.08±9.76	42.62±9.69	<.0001
≥36000	45.67±9.32	44.94±9.54	44.43±9.13	43.98±9.55	43.71±9.47	<.0001
Inflow area						
South	44.14±9.87	43.65±9.33	43.05±9.00	42.21±9.64	41.89±9.54	<.0001
North	45.30±10.80	45.14±10.05	44.44±9.63	43.77±9.66	43.66±9.59	<.0001
Migration time (year)						
<2	44.63±9.32	44.73±10.16	44.13±9.40	43.06±9.75	43.13±9.78	<.0001
2~	44.99±10.29	44.75±10.24	43.87±9.58	42.93±9.64	42.69±10.15	<.0001
4.5~	43.81±11.40	44.03±9.39	43.47±8.97	42.68±9.71	42.46±9.34	<.0001
≥10	45.15±10.19	44.29±9.36	43.69±9.44	43.45±9.68	42.99±9.40	<.0001
Working hours(h)						
<8	45.91±13.26	44.43±11.11	44.14±9.80	42.44±10.37	42.48±9.47	0.0005
8~	44.15±10.33	44.31±9.83	43.68±9.29	42.90±9.72	42.79±9.90	<.0001
≥10	45.27±9.67	44.59±9.34	43.87±9.37	43.41±9.48	42.93±9.31	<.0001

Total static behavior time (h)						
<4	44.96±9.88	45.00±9.87	44.12±9.38	43.71±9.67	43.42±10.01	<.0001
≥4	44.44±10.79	43.90±9.60	43.48±9.32	42.51±9.69	42.36±9.45	<.0001
BMI						
<18.5	44.40±10.44	43.91±9.85	43.03±9.14	42.15±9.52	42.11±9.60	<.0001
18.5-23.9	44.92±10.00	45.21±9.32	44.83±9.42	44.46±9.71	44.43±9.67	0.0277
≥24	47.74±10.53	45.73±10.28	46.88±10.24	46.88±10.19	47.03±9.85	0.4182
Smoking status						
Non-current smoker	45.90±9.96	45.81±9.31	45.94±9.04	45.65±9.52	45.67±9.92	0.3607
Current smoker	43.92±10.51	43.46±9.91	42.63±9.31	41.84±9.54	41.58±9.35	<.0001
Alcohol consumption in the past 12 months						
Never drinking	43.69±11.20	43.61±10.41	42.73±9.49	41.78±9.62	41.65±9.62	<.0001
Drinking but not excessive	45.01±9.14	44.68±9.10	44.26±9.07	44.00±9.50	43.61±9.62	0.0001
Excessive drinking	46.59±10.32	45.98±9.43	46.07±9.38	45.62±9.99	45.90±9.52	0.3490
Vegetable and fruit intake						
Insufficient intake	44.44±10.96	44.67±10.17	43.84±9.27	43.17±9.72	43.21±9.88	<.0001
Adequate intake	44.91±9.84	44.22±9.37	43.72±9.41	42.91±9.67	42.50±9.56	<.0001
Red meat intake						
Normal intake	44.25±10.68	44.61±10.28	43.61±9.54	43.06±9.57	42.86±9.58	<.0001
Excessive intake	45.06±10.04	44.28±9.33	43.89±9.22	42.99±9.79	42.77±9.80	<.0001
Participants with diabetes						
Yes	52.39±12.29	49.29±12.64	48.67±12.75	48.19±12.45	46.04±12.35	0.0301
No	44.52±10.21	44.31±9.64	43.71±9.28	42.95±9.64	42.77±9.67	<.0001
Stroke patients						
Yes	56.33±11.53	49.04±11.99	50.24±15.43	46.11±18.37	54.37±14.36	0.4936
No	44.66±10.30	44.41±9.74	43.77±9.34	43.02±9.68	42.80±9.70	<.0001
Myocardial infarction patients						
Yes	43.42±13.07	50.61±6.11	44.41±17.69	42.29±8.28	47.62±13.58	0.8131
No	44.72±10.32	44.41±9.74	43.77±9.35	43.02±9.70	42.81±9.70	<.0001
Total	44.71±10.33	44.42±9.74	43.77±9.35	43.02±9.70	42.81±9.70	<.0001

Note: Data were expressed as ($\bar{x} \pm s$ (mm Hg))

The *p*-values were calculated from weighted linear regression to test for differences across sleep duration categories.

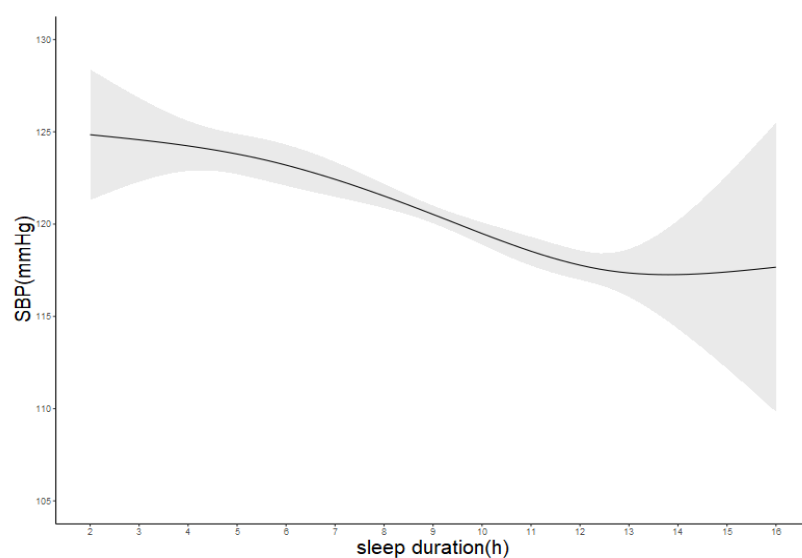


Figure S1 The Relationship between Sleep Duration and Systolic Blood Pressure

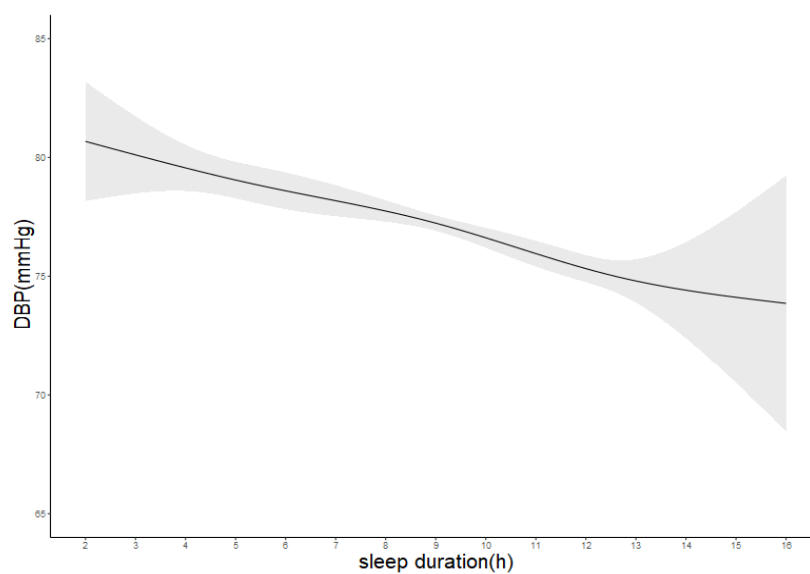


Figure S2 The Relationship between Sleep Duration and Diastolic Blood Pressure

Note: Generalized additive model was used to present the spines between the sleep duration (continuous variable) and the blood pressure and the light grey background indicates the 95% confidence interval in Figure S1 and Figure S2.

Table S4 Association between sleep duration and hypertension
by sex, age and migration time

aModel 1			bModel 2			cModel 3			
	OR	<i>P</i> value post-hoc	<i>P</i> value overall	OR	<i>P</i> value post-hoc	<i>P</i> value overall	OR	<i>P</i> value post-hoc	<i>P</i> value overall
Sex									
Male									
<6 h	1.34(1.10 to 1.63)	0.0034	<.0001	1.27(1.04 to 1.56)	0.0183	0.0017	1.26(1.03 to 1.54)	0.0267	0.0027
6 h	1.10(0.97 to 1.24)	0.1357		1.04(0.91 to 1.18)	0.5889		1.03(0.90 to 1.17)	0.6922	
7 h	1.00	ref		1.00	ref		1.00	ref	
8 h	0.94(0.86 to 1.03)	0.1843		0.97(0.88 to 1.06)	0.5054		0.97(0.88 to 1.06)	0.4830	
≥9 h	0.78(0.69 to 0.88)	<.0001		0.85(0.75 to 0.96)	0.0080		0.85(0.75 to 0.96)	0.0076	
Female									
<6 h	1.89(1.43 to 2.51)	<.0001	<.0001	1.59(1.19 to 2.14)	0.0020	<.0001	1.55 (1.13 to 2.06)	0.0051	0.0004
6 h	1.40(1.15 to 1.71)	0.0010		1.26(1.02 to 1.55)	0.0315		1.23(0.99 to 1.52)	0.0548	
7 h	1.00	ref		1.00	ref		1.00	ref	
8 h	0.95(0.82 to 1.11)	0.5386		0.99(0.85 to 1.15)	0.8689		0.99(0.85 to 1.15)	0.8947	
≥9 h	0.77(0.63 to 0.96)	0.0055		0.83(0.68 to 0.99)	0.0427		0.82(0.67 to 0.99)	0.0407	
Age group									
18-44 year									
<6 h	1.25(0.99 to 1.57)	0.0634	<.0001	1.17(0.92 to 1.48)	0.2006	0.0070	1.14(0.89 to 1.43)	0.3102	0.0112
6 h	1.11(0.97 to 1.27)	0.1357		1.01(0.88 to 1.17)	0.8559		1.00(0.86 to 1.15)	0.9802	
7 h	1.00	ref		1.00	ref		1.00	ref	
8 h	0.91(0.84 to 1.00)	0.1843		0.97(0.88 to 1.07)	0.5051		0.96(0.87 to 1.06)	0.4582	

≥9 h	0.72(0.64 to 0.82)	<.0001		0.82(0.71 to 0.92)	0.0021		0.82(0.72 to 0.93)	0.0019	
45-59 year									
<6 h	1.22(0.99 to 1.50)	0.0726		1.28(0.93 to 1.58)	0.0749		1.28(0.95 to 1.58)	0.0782	
6 h	1.16(0.99 to 1.35)	0.0548		1.15(0.98 to 1.35)	0.0908		1.15(0.98 to 1.35)	0.0967	
7 h	1.00	ref	0.1870	1.00	ref	0.1713	1.00	ref	0.1794
8 h	1.06(0.94 to 1.21)	0.5386		1.10(0.97 to 1.25)	0.1466		1.10(0.97 to 1.26)	0.1380	
≥9 h	1.03(0.87 to 1.21)	0.5549		1.08(0.89 to 1.26)	0.4020		1.07(0.90 to 1.27)	0.4603	
Migration time									
<4.5 year									
<6 h	1.41(1.08 to 1.10)	0.0069		1.25(0.96 to 1.62)	0.0967		1.08(0.83 to 1.43)	0.1853	
6 h	1.28(1.09 to 1.51)	0.0023		1.23(1.03 to 1.46)	0.0199		1.16(0.98 to 1.40)	0.0858	
7 h	1.00	ref	<.0001	1.00	ref	<.0001	1.00	ref	<.0001
8 h	0.88(0.79 to 0.99)	0.0334		0.96(0.85 to 1.08)	0.4503		0.99(0.87 to 1.12)	0.4065	
≥9 h	0.65(0.56 to 0.76)	<.0001		0.75(0.64 to 0.88)	0.0004		0.80(0.68 to 0.94)	0.0003	
≥4.5 year									
<6 h	1.50(1.22 to 1.84)	0.0001		1.41(1.14 to 1.76)	0.0020		1.29(1.01 to 1.61)	0.0031	
6 h	1.14(0.99 to 1.31)	0.0657		1.02(0.89 to 1.18)	0.7603		0.95(0.82 to 1.10)	0.9060	
7 h	1.00	ref	<.0001	1.00	ref	0.0010	1.00	ref	0.0022
8 h	0.94(0.84 to 1.04)	0.2051		0.96(0.86 to 1.07)	0.4405		0.99(0.89 to 1.11)	0.4703	
≥9 h	0.81(0.70 to 0.92)	0.0017		0.87(0.75 to 0.99)	0.0443		0.92(0.80 to 1.06)	0.0691	
Total									
<6 h	1.46(1.25 to 1.72)	<.0001		1.22(1.02 to 1.45)	0.0286		1.20(1.01 to 1.43)	0.0440	
6 h	1.21(1.09 to 1.34)	0.0005		1.04(0.92 to 1.16)	0.5452		1.03(0.92 to 1.15)	0.6497	
7 h	1.00	ref	<.0001	1.00	ref	0.0027	1.00	ref	0.0039
8 h	0.90(0.83 to 0.97)	0.0052		0.99(0.92 to 1.08)	0.9618		1.00(0.92 to 1.08)	0.9335	
≥9 h	0.71(0.65 to 0.79)	<.0001		0.87(0.78 to 0.97)	0.0095		0.87(0.78 to 0.96)	0.0083	

Note: ^aModel 1: unadjusted.

^bModel 2: adjusted for other sociodemographic information in each subgroup such as sex, age migration time, marital status, education level, annual income, inflow area, working time, static behavior time, smoking status, alcohol consumption, red meat intake, vegetable and fruit intake and BMI.

^cModel 3: adjusted for the variables in Model 2 plus diabetes, stroke and myocardial infarction.