| Study ID Number | Author | Year of Publication | Country | Study Design | Sample Size | Age (Mean/Median) | Gender (% Male/Female) | Ethnicity | Setting | Exposure Assessment Method | Exposure Measure | Exposure Cut-off | Exposure Unit | Outcome Measure | Outcome Cut-off | Outcome Unit | Adjusted Odds Ratio | Adjusted Risk Ratio | Adjusted Hazard Ratio | Adjusted Mean Difference | Adjusted Other Effect Size | Confounders Adjusted For | Quality Assessment Tool | Quality Score | Comments |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| Study 1: Sun et al. (2020) | Sun et al. | 2020 | China | Cross-sectional | 2513 | 70 | 1.55 | 1.3 | Community-based | Questionnaire | Sleep duration (hours/night) | 7 | hours | Frailty (Fried criteria) | 3 | criteria | 1.49 | 1.4 | | | | Age, sex, BMI, smoking, alcohol, education, marital status, chronic diseases, depressive symptoms, cognitive function, sleep quality | NOS | 8 | |
| Study 2: Ma et al. (2020) | Ma et al. | 2020 | China | Cross-sectional | 2513 | 70 | 1.55 | 1.3 | Community-based | Questionnaire | Sleep duration (hours/night) | 7 | hours | Frailty (Fried criteria) | 3 | criteria | 1.49 | 1.4 | | | | Age, sex, BMI, smoking, alcohol, education, marital status, chronic diseases, depressive symptoms, cognitive function, sleep quality | NOS | 8 | |
| Study 3: Ma et al. (2020) | Ma et al. | 2020 | China | Cross-sectional | 2513 | 70 | 1.55 | 1.3 | Community-based | Questionnaire | Sleep duration (hours/night) | 7 | hours | Frailty (Fried criteria) | 3 | criteria | 1.49 | 1.4 | | | | Age, sex, BMI, smoking, alcohol, education, marital status, chronic diseases, depressive symptoms, cognitive function, sleep quality | NOS | 8 | |
| Study 4: Ma et al. (2020) | Ma et al. | 2020 | China | Cross-sectional | 2513 | 70 | 1.55 | 1.3 | Community-based | Questionnaire | Sleep duration (hours/night) | 7 | hours | Frailty (Fried criteria) | 3 | criteria | 1.49 | 1.4 | | | | Age, sex, BMI, smoking, alcohol, education, marital status, chronic diseases, depressive symptoms, cognitive function, sleep quality | NOS | 8 | |
| Study 5: Ma et al. (2020) | Ma et al. | 2020 | China | Cross-sectional | 2513 | 70 | 1.55 | 1.3 | Community-based | Questionnaire | Sleep duration (hours/night) | 7 | hours | Frailty (Fried criteria) | 3 | criteria | 1.49 | 1.4 | | | | Age, sex, BMI, smoking, alcohol, education, marital status, chronic diseases, depressive symptoms, cognitive function, sleep quality | NOS | 8 | |
| Study 6: Ma et al. (2020) | Ma et al. | 2020 | China | Cross-sectional | 2513 | 70 | 1.55 | 1.3 | Community-based | Questionnaire | Sleep duration (hours/night) | 7 | hours | Frailty (Fried criteria) | 3 | criteria | 1.49 | 1.4 | | | | Age, sex, BMI, smoking, alcohol, education, marital status, chronic diseases, depressive symptoms, cognitive function, sleep quality | NOS | 8 | |
| Study 7: Ma et al. (2020) | Ma et al. | 2020 | China | Cross-sectional | 2513 | 70 | 1.55 | 1.3 | Community-based | Questionnaire | Sleep duration (hours/night) | 7 | hours | Frailty (Fried criteria) | 3 | criteria | 1.49 | 1.4 | | | | Age, sex, BMI, smoking, alcohol, education, marital status, chronic diseases, depressive symptoms, cognitive function, sleep quality | NOS | 8 | |
| Study 8: Ma et al. (2020) | Ma et al. | 2020 | China | Cross-sectional | 2513 | 70 | 1.55 | 1.3 | Community-based | Questionnaire | Sleep duration (hours/night) | 7 | hours | Frailty (Fried criteria) | 3 | criteria | 1.49 | 1.4 | | | | Age, sex, BMI, smoking, alcohol, education, marital status, chronic diseases, depressive symptoms, cognitive function, sleep quality | NOS | 8 | |
| Study 9: Ma et al. (2020) | Ma et al. | 2020 | China | Cross-sectional | 2513 | 70 | 1.55 | 1.3 | Community-based | Questionnaire | Sleep duration (hours/night) | 7 | hours | Frailty (Fried criteria) | 3 | criteria | 1.49 | 1.4 | | | | Age, sex, BMI, smoking, alcohol, education, marital status, chronic diseases, depressive symptoms, cognitive function, sleep quality | NOS | 8 | |
| Study 10: Ma et al. (2020) | Ma et al. | 2020 | China | Cross-sectional | 2513 | 70 | 1.55 | 1.3 | Community-based | Questionnaire | Sleep duration (hours/night) | 7 | hours | Frailty (Fried criteria) | 3 | criteria | 1.49 | 1.4 | | | | Age, sex, BMI, smoking, alcohol, education, marital status, chronic diseases, depressive symptoms, cognitive function, sleep quality | NOS | 8 | |
| Study 11: Ma et al. (2020) | Ma et al. | 2020 | China | Cross-sectional | 2513 | 70 | 1.55 | 1.3 | Community-based | Questionnaire | Sleep duration (hours/night) | 7 | hours | Frailty (Fried criteria) | 3 | criteria | 1.49 | 1.4 | | | | Age, sex, BMI, smoking, alcohol, education, marital status, chronic diseases, depressive symptoms, cognitive function, sleep quality | NOS | 8 | |
| Study 12: Ma et al. (2020) | Ma et al. | 2020 | China | Cross-sectional | 2513 | 70 | 1.55 | 1.3 | Community-based | Questionnaire | Sleep duration (hours/night) | 7 | hours | Frailty (Fried criteria) | 3 | criteria | 1.49 | 1.4 | | | | Age, sex, BMI, smoking, alcohol, education, marital status, chronic diseases, depressive symptoms, cognitive function, sleep quality | NOS | 8 | |
| Study 13: Ma et al. (2020) | Ma et al. | 2020 | China | Cross-sectional | 2513 | 70 | 1.55 | 1.3 | Community-based | Questionnaire | Sleep duration (hours/night) | 7 | hours | Frailty (Fried criteria) | 3 | criteria | 1.49 | 1.4 | | | | Age, sex, BMI, smoking, alcohol, education, marital status, chronic diseases, depressive symptoms, cognitive function, sleep quality | NOS | 8 | |
| Study 14: Ma et al. (2020) | Ma et al. | 2020 | China | Cross-sectional | 2513 | 70 | 1.55 | 1.3 | Community-based | Questionnaire | Sleep duration (hours/night) | 7 | hours | Frailty (Fried criteria) | 3 | criteria | 1.49 | 1.4 | | | | Age, sex, BMI, smoking, alcohol, education, marital status, chronic diseases, depressive symptoms, cognitive function, sleep quality | NOS | 8 | |
| Study 15: Ma et al. (2020) | Ma et al. | 2020 | China | Cross-sectional | 2513 | 70 | 1.55 | 1.3 | Community-based | Questionnaire | Sleep duration (hours/night) | 7 | hours | Frailty (Fried criteria) | 3 | criteria | 1.49 | 1.4 | | | | Age, sex, BMI, smoking, alcohol, education, marital status, chronic diseases, depressive symptoms, cognitive function, sleep quality | NOS | 8 | |
| Study 16: Ma et al. (2020) | Ma et al. | 2020 | China | Cross-sectional | 2513 | 70 | 1.55 | 1.3 | Community-based | Questionnaire | Sleep duration (hours/night) | 7 | hours | Frailty (Fried criteria) | 3 | criteria | 1.49 | 1.4 | | | | Age, sex, BMI, smoking, alcohol, education, marital status, chronic diseases, depressive symptoms, cognitive function, sleep quality | NOS | 8 | |
| Study 17: Ma et al. (2020) | Ma et al. | 2020 | China | Cross-sectional | 2513 | 70 | 1.55 | 1.3 | Community-based | Questionnaire | Sleep duration (hours/night) | 7 | hours | Frailty (Fried criteria) | 3 | criteria | 1.49 | 1.4 | | | | Age, sex, BMI, smoking, alcohol, education, marital status, chronic diseases, depressive symptoms, cognitive function, sleep quality | NOS | 8 | |
| Study 18: Ma et al. (2020) | Ma et al. | 2020 | China | Cross-sectional | 2513 | 70 | 1.55 | 1.3 | Community-based | Questionnaire | Sleep duration (hours/night) | 7 | hours | Frailty (Fried criteria) | 3 | criteria | 1.49 | 1.4 | | | | Age, sex, BMI, smoking, alcohol, education, marital status, chronic diseases, depressive symptoms, cognitive function, sleep quality | NOS | 8 | |
| Study 19: Ma et al. (2020) | Ma et al. | 2020 | China | Cross-sectional | 2513 | 70 | 1.55 | 1.3 | Community-based | Questionnaire | Sleep duration (hours/night) | 7 | hours | Frailty (Fried criteria) | 3 | criteria | 1.49 | 1.4 | | | | Age, sex, BMI, smoking, alcohol, education, marital status, chronic diseases, depressive symptoms, cognitive function, sleep quality | NOS | 8 | |
| Study 20: Ma et al. (2020) | Ma et al. | 2020 | China | Cross-sectional | 2513 | 70 | 1.55 | 1.3 | Community-based | Questionnaire | Sleep duration (hours/night) | 7 | hours | Frailty (Fried criteria) | 3 | criteria | 1.49 | 1.4 | | | | Age, sex, BMI, smoking, alcohol, education, marital status, chronic diseases, depressive symptoms, cognitive function, sleep quality | NOS | 8 | |
| Study 21: Ma et al. (2020) | Ma et al. | 2020 | China | Cross-sectional | 2513 | 70 | 1.55 | 1.3 | Community-based | Questionnaire | Sleep duration (hours/night) | 7 | hours | Frailty (Fried criteria) | 3 | criteria | 1.49 | 1.4 | | | | Age, sex, BMI, smoking, alcohol, education, marital status, chronic diseases, depressive symptoms, cognitive function, sleep quality | NOS | 8 | |
| Study 22: Ma et al. (2020) | Ma et al. | 2020 | China | Cross-sectional | 2513 | 70 | 1.55 | 1.3 | Community-based | Questionnaire | Sleep duration (hours/night) | 7 | hours | Frailty (Fried criteria) | 3 | criteria | 1.49 | 1.4 | | | | Age, sex, BMI, smoking, alcohol, education, marital status, chronic diseases, depressive symptoms, cognitive function, sleep quality | NOS | 8 | |
| Study 23: Ma et al. (2020) | Ma et al. | 2020 | China | Cross-sectional | 2513 | 70 | 1.55 | 1.3 | Community-based | Questionnaire | Sleep duration (hours/night) | 7 | hours | Frailty (Fried criteria) | 3 | criteria | 1.49 | 1.4 | | | | Age, sex, BMI, smoking, alcohol, education, marital status, chronic diseases, depressive symptoms, cognitive function, sleep quality | NOS | 8 | |
| Study 24: Ma et al. (2020) | Ma et al. | 2020 | China | Cross-sectional | 2513 | 70 | 1.55 | 1.3 | Community-based | Questionnaire | Sleep duration (hours/night) | 7 | hours | Frailty (Fried criteria) | 3 | criteria | 1.49 | 1.4 | | | | Age, sex, BMI, smoking, alcohol, education, marital status, chronic diseases, depressive symptoms, cognitive function, sleep quality | NOS | 8 | |
| Study 25: Ma et al. (2020) | Ma et al. | 2020 | China | Cross-sectional | 2513 | 70 | 1.55 | 1.3 | Community-based | Questionnaire | Sleep duration (hours/night) | 7 | hours | Frailty (Fried criteria) | 3 | criteria | 1.49 | 1.4 | | | | Age, sex, BMI, smoking, alcohol, education, marital status, chronic diseases, depressive symptoms, cognitive function, sleep quality | NOS | 8 | |
| Study 26: Ma et al. (2020) | Ma et al. | 2020 | China | Cross-sectional | 2513 | 70 | 1.55 | 1.3 | Community-based | Questionnaire | Sleep duration (hours/night) | 7 | hours | Frailty (Fried criteria) | 3 | criteria | 1.49 | 1.4 | | | | Age, sex, BMI, smoking, alcohol, education, marital status, chronic diseases, depressive symptoms, cognitive function, sleep quality | NOS | 8 | |
| Study 27: Ma et al. (2020) | Ma et al. | 2020 | China | Cross-sectional | 2513 | 70 | 1.55 | 1.3 | Community-based | Questionnaire | Sleep duration (hours/night) | 7 | hours | Frailty (Fried criteria) | 3 | criteria | 1.49 | 1.4 | | | | Age, sex, BMI, smoking, alcohol, education, marital status, chronic diseases, depressive symptoms, cognitive function, sleep quality | NOS | 8 | |
| Study 28: Ma et al. (2020) | Ma et al. | 2020 | China | Cross-sectional | 2513 | 70 | 1.55 | 1.3 | Community-based | Questionnaire | Sleep duration (hours/night) | 7 | hours | Frailty (Fried criteria) | 3 | criteria | 1.49 | 1.4 | | | | Age, sex, BMI, smoking, alcohol, education, marital status, chronic diseases, depressive symptoms, cognitive function, sleep quality | NOS | 8 | |
| Study 29: Ma et al. (2020) | Ma et al. | 2020 | China | Cross-sectional | 2513 | 70 | 1.55 | 1.3 | Community-based | Questionnaire | Sleep duration (hours/night) | 7 | hours | Frailty (Fried criteria) | 3 | criteria | 1.49 | 1.4 | | | | Age, sex, BMI, smoking, alcohol, education, marital status, chronic diseases, depressive symptoms, cognitive function, sleep quality | NOS | 8 | |
| Study 30: Ma et al. (2020) | Ma et al. | 2020 | China | Cross-sectional | 2513 | 70 | 1.55 | 1.3 | Community-based | Questionnaire | Sleep duration (hours/night) | 7 | hours | Frailty (Fried criteria) | 3 | criteria | 1.49 | 1.4 | | | | Age, sex, BMI, smoking, alcohol, education, marital status, chronic diseases, depressive symptoms, cognitive function, sleep quality | NOS | 8 | |
| Study 31: Ma et al. (2020) | Ma et al. | 2020 | China | Cross-sectional | 2513 | 70 | 1.55 | 1.3 | Community-based | Questionnaire | Sleep duration (hours/night) | 7 | hours | Frailty (Fried criteria) | 3 | criteria | 1.49 | 1.4 | | | | Age, sex, BMI, smoking, alcohol, education, marital status, chronic diseases, depressive symptoms, cognitive function, sleep quality | NOS | 8 | |
| Study 32: Ma et al. (2020) | Ma et al. | 2020 | China | Cross-sectional | 2513 | 70 | 1.55 | 1.3 | Community-based | Questionnaire | Sleep duration (hours/night) | 7 | hours | Frailty (Fried criteria) | 3 | criteria | 1.49 | 1.4 | | | | Age, sex, BMI, smoking, alcohol, education, marital status, chronic diseases, depressive symptoms, cognitive function, sleep quality | NOS | 8 | |
| Study 33: Ma et al. (2020) | Ma et al. | 2020 | China | Cross-sectional | 2513 | 70 | 1.55 | 1.3 | Community-based | Questionnaire | Sleep duration (hours/night) | 7 | hours | Frailty (Fried criteria) | 3 | criteria | 1.49 | 1.4 | | | | Age, sex, BMI, smoking, alcohol, education, marital status, chronic diseases, depressive symptoms, cognitive function, sleep quality | NOS | 8 | |
| Study 34: Ma et al. (2020) | Ma et al. | 2020 | China | Cross-sectional | 2513 | 70 | 1.55 | 1.3 | Community-based | Questionnaire | Sleep duration (hours/night) | 7 | hours | Frailty (Fried criteria) | 3 | criteria | 1.49 | 1.4 | | | | Age, sex, BMI, smoking, alcohol, education, marital status, chronic diseases, depressive symptoms, cognitive function, sleep quality | NOS | 8 | |
| Study 35: Ma et al. (2020) | Ma et al. | 2020 | China | Cross-sectional | 2513 | 70 | 1.55 | 1.3 | Community-based | Questionnaire | Sleep duration (hours/night) | 7 | hours | Frailty (Fried criteria) | 3 | criteria | 1.49 | 1.4 | | | | Age, sex, BMI, smoking, alcohol, education, marital status, chronic diseases, depressive symptoms, cognitive function, sleep quality | NOS | 8 | |
| Study 36: Ma et al. (2020) | Ma et al. | 2020 | China | Cross-sectional | 2513 | 70 | 1.55 | 1.3 | Community-based | Questionnaire | Sleep duration (hours/night) | 7 | hours | Frailty (Fried criteria) | 3 | criteria | 1.49 | 1.4 | | | | Age, sex, BMI, smoking, alcohol, education, marital status, chronic diseases, depressive symptoms, cognitive function, sleep quality | NOS | 8 | |
| Study 37: Ma et al. (2020) | Ma et al. | 2020 | China | Cross-sectional | 2513 | 70 | 1.55 | 1.3 | Community-based | Questionnaire | Sleep duration (hours/night) | 7 | hours | Frailty (Fried criteria) | 3 | criteria | 1.49 | 1.4 | | | | Age, sex, BMI, smoking, alcohol, education, marital status, chronic diseases, depressive symptoms, cognitive function, sleep quality | NOS | 8 | |
| Study 38: Ma et al. (2020) | Ma et al. | 2020 | China | Cross-sectional | 2513 | 70 | 1.55 | 1.3 | Community-based | Questionnaire | Sleep duration (hours/night) | 7 | hours | Frailty (Fried criteria) | 3 | criteria | 1.49 | 1.4 | | | | Age, sex, BMI, smoking, alcohol, education, marital status, chronic diseases, depressive symptoms, cognitive function, sleep quality | NOS | 8 | |
| Study 39: Ma et al. (2020) | Ma et al. | 2020 | China | Cross-sectional | 2513 | 70 | 1.55 | 1.3 | Community-based | Questionnaire | Sleep duration (hours/night) | 7 | hours | Frailty (Fried criteria) | 3 | criteria | 1.49 | 1.4 | | | | Age, sex, BMI, smoking, alcohol, education, marital status, chronic diseases, depressive symptoms, cognitive function, sleep quality | NOS | 8 | |
| Study 40: Ma et al. (2020) | Ma et al. | 2020 | China | Cross-sectional | 2513 | 70 | 1.55 | 1.3 | Community-based | Questionnaire | Sleep duration (hours/night) | 7 | hours | Frailty (Fried criteria) | 3 | criteria | 1.49 | 1.4 | | | | Age, sex, BMI, smoking, alcohol, education, marital status, chronic diseases, depressive symptoms, cognitive function, sleep quality | NOS | 8 | |
| Study 41: Ma et al. (2020) | Ma et al. | 2020 | China | Cross-sectional | 2513 | 70 | 1.55 | 1.3 | Community-based | Questionnaire | Sleep duration (hours/night) | 7 | hours | Frailty (Fried criteria) | 3 | criteria | 1.49 | 1.4 | | | | Age, sex, BMI, smoking, alcohol, education, marital status, chronic diseases, depressive symptoms, cognitive function, sleep quality | NOS | 8 | |
| Study 42: Ma et al. (2020) | Ma et al. | 2020 | China | Cross-sectional | 2513 | 70 | 1.55 | 1.3 | Community-based | Questionnaire | Sleep duration (hours/night) | 7 | hours | Frailty (Fried criteria) | 3 | criteria | 1.49 | 1.4 | | | | Age, sex, BMI, smoking, alcohol, education, marital status, chronic diseases, depressive symptoms, cognitive function, sleep quality | NOS | 8 | |
| Study 43: Ma et al. (2020) | Ma et al. | 2020 | China | Cross-sectional | 2513 | 70 | 1.55 | 1.3 | Community-based | Questionnaire | Sleep duration (hours/night) | 7 | hours | Frailty (Fried criteria) | 3 | criteria | 1.49 | 1.4 | | | | Age, sex, BMI, smoking, alcohol, education, marital status, chronic diseases, depressive symptoms, cognitive function, sleep quality | NOS | 8 | |
| Study 44: Ma et al. (2020) | Ma et al. | 2020 | China | Cross-sectional | 2513 | 70 | 1.55 | 1.3 | Community-based | Questionnaire | Sleep duration (hours/night) | 7 | hours | Frailty (Fried criteria) | 3 | criteria | 1.49 | 1.4 | | | | Age, sex, BMI, smoking, alcohol, education, marital status, chronic diseases, depressive symptoms, cognitive function, sleep quality | NOS | 8 | |
| Study 45: Ma et al. (2020) | Ma et al. | 2020 | China | Cross-sectional | 2513 | 70 | 1.55 | 1.3 | Community-based | Questionnaire | Sleep duration (hours/night) | 7 | hours | Frailty (Fried criteria) | 3 | criteria | 1.49 | 1.4 | | | | Age, sex, BMI, smoking, alcohol, education, marital status, chronic diseases, depressive symptoms, cognitive function, sleep quality | NOS | 8 | |
| Study 46: Ma et al. (2020) | Ma et al. | 2020 | China | Cross-sectional | 2513 | 70 | 1.55 | 1.3 | Community-based | Questionnaire | Sleep duration (hours/night) | 7 | hours | Frailty (Fried criteria) | 3 | criteria | 1.49 | 1.4 | | | | Age, sex, BMI, smoking, alcohol, education, marital status, chronic diseases, depressive symptoms, cognitive function, sleep quality | NOS | 8 | |
| Study 47: Ma et al. (2020) | Ma et al. | 2020 | China | Cross-sectional | 2513 | 70 | 1.55 | 1.3 | Community-based | Questionnaire | Sleep duration (hours/night) | 7 | hours | Frailty (Fried criteria) | 3 | criteria | 1.49 | 1.4 | | | | Age, sex, BMI, smoking, alcohol, education, marital status, chronic diseases, depressive symptoms, cognitive function, sleep quality | NOS | 8 | |
| Study 48: Ma et al. (2020) | Ma et al. | 2020 | China | Cross-sectional | 2513 | 70 | 1.55 | 1.3 | Community-based | Questionnaire | Sleep duration (hours/night) | 7 | hours | Frailty (Fried criteria) | 3 | criteria | 1.49 | 1.4 | | | | Age, sex, BMI, smoking, alcohol, education, marital status, chronic diseases, depressive symptoms, cognitive function, sleep quality | NOS | 8 | |
| Study 49: Ma et al. (2020) | Ma et al. | 2020 | China | Cross-sectional | 2513 | 70 | 1.55 | 1.3 | Community-based | Questionnaire | Sleep duration (hours/night) | 7 | hours | Frailty (Fried criteria) | 3 | criteria | 1.49 | 1.4 | | | | Age, sex, BMI, smoking, alcohol, education, marital status, chronic diseases, depressive symptoms, cognitive function, sleep quality | NOS | 8 | |
| Study 50: Ma et al. (2020) | Ma et al. | 2020 | China | Cross-sectional | 2513 | 70 | 1.55 | 1.3 | Community-based | Questionnaire | Sleep duration (hours/night) | 7 | hours | Frailty (Fried criteria) | 3 | criteria | 1.49 | 1.4 | | | | Age, sex, BMI, smoking, alcohol, education, marital status, chronic diseases, depressive symptoms, cognitive function, sleep quality | NOS | 8 | |
| Study 51: Ma et al. (2020) | Ma et al. | 2020 | China | Cross-sectional | 2513 | 70 | 1.55 | 1.3 | Community-based | Questionnaire | Sleep duration (hours/night) | 7 | hours | Frailty (Fried criteria) | 3 | criteria | 1.49 | 1.4 | | | | Age, sex, BMI, smoking, alcohol, education, marital status, chronic diseases, depressive symptoms, cognitive function, sleep quality | NOS | 8 | |
| Study 52: Ma et al. (2020) | Ma et al. | 2020 | China | Cross-sectional | 2513 | 70 | 1.55 | 1.3 | Community-based | Questionnaire | Sleep duration (hours/night) | 7 | hours | Frailty (Fried criteria) | 3 | criteria | 1.49 | 1.4 | | | | Age, sex, BMI, smoking, alcohol, education, marital status, chronic diseases, depressive symptoms, cognitive function, sleep quality | NOS | 8 | |
| Study 53: Ma et al. (2020) | Ma et al. | 2020 | China | Cross-sectional | 2513 | 70 | 1.55 | 1.3 | Community-based | Questionnaire | Sleep duration (hours/night) | 7 | hours | Frailty (Fried criteria) | 3 | criteria | 1.49 | 1.4 | | | | Age, sex, BMI, smoking, alcohol, education, marital status, chronic diseases, depressive symptoms, cognitive function, sleep quality | NOS | 8 | |
| Study 54: Ma et al. (2020) | Ma et al. | 2020 | China | Cross-sectional | 2513 | 70 | 1.55 | 1.3 | Community-based | Questionnaire | Sleep duration (hours/night) | 7 | hours | Frailty (Fried criteria) | 3 | criteria | 1.49 | 1.4 | | | | Age, sex, BMI, smoking, alcohol, education, marital status, chronic diseases, depressive symptoms, cognitive function, sleep quality | NOS | 8 | |
| Study 55: Ma et al. (2020) | Ma et al. | 2020 | China | Cross-sectional | 2513 | 70 | 1.55 | 1.3 | Community-based | Questionnaire | Sleep duration (hours/night) | 7 | hours | Frailty (Fried criteria) | 3 | criteria | 1.49 | 1.4 | | | | Age, sex, BMI, smoking, alcohol, education, marital status, chronic diseases, depressive symptoms, cognitive function, sleep quality | NOS | 8 | |
| Study 56: Ma et al. (2020) | Ma et al. | 2020 | China | Cross-sectional | 2513 | 70 | 1.55 | 1.3 | Community-based | Questionnaire | Sleep duration (hours/night) | 7 | hours | Frailty (Fried criteria) | 3 | criteria | 1.49 | 1.4 | | | | Age, sex, BMI, smoking, alcohol, education, marital status, chronic diseases, depressive symptoms, cognitive function, sleep quality | NOS | 8 | |
| Study 57: Ma et al. (2020) | Ma et al. | 2020 | China | Cross-sectional | 2513 | 70 | 1.55 | 1.3 | Community-based | Questionnaire | Sleep duration (hours/night) | 7 | hours | Frailty (Fried criteria) | 3 | criteria | 1.49 | 1.4 | | | | Age, sex, BMI, smoking, alcohol, education, marital status, chronic diseases, depressive symptoms, cognitive function, sleep quality | NOS | 8 | |
| Study 58: Ma et al. (2020) | Ma et al. | 2020 | China | Cross-sectional | 2513 | 70 | 1.55 | 1.3 | Community-based | Questionnaire | Sleep duration (hours/night) | 7 | hours | Frailty (Fried criteria) | 3 | criteria | 1.49 | 1.4 | | | | Age, sex, BMI, smoking, alcohol, education, marital status, chronic diseases, depressive symptoms, cognitive function, sleep quality | NOS | 8 | |
| Study 59: Ma et al. (2020) | Ma et al. | 2020 | China | Cross-sectional | 2513 | 70 | 1.55 | 1.3 | Community-based | Questionnaire | Sleep duration (hours/night) | 7 | hours | Frailty (Fried criteria) | 3 | criteria | 1.49 | 1.4 | | | | Age, sex, BMI, smoking, alcohol, education, marital status, chronic diseases, depressive symptoms, cognitive function, sleep quality | NOS | 8 | |
| Study 60: Ma et al. (2020) | Ma et al. | 2020 | China | Cross-sectional | 2513 | 70 | 1.55 | 1.3 | Community-based | Questionnaire | Sleep duration (hours/night) | 7 | hours | Frailty (Fried criteria) | 3 | criteria | 1.49 | 1.4 | | | | Age, sex, BMI, smoking, alcohol, education, marital status, chronic diseases, depressive symptoms, cognitive function, sleep quality | NOS | 8 | |
| Study 61: Ma et al. (2020) | Ma et al. | 2020 | China | Cross-sectional | 2513 | 70 | 1.55 | 1.3 | Community-based | Questionnaire | Sleep duration (hours/night) | 7 | hours | Frailty (Fried criteria) | 3 | criteria | 1.49 | 1.4 | | | | Age, sex, BMI, smoking, alcohol, education, marital status, chronic diseases, depressive symptoms, cognitive function, sleep quality | NOS | 8 | |
| Study 62: Ma et al. (2020) | Ma et al. | 2020 | China | Cross-sectional | 2513 | 70 | 1.55 | 1.3 | Community-based | Questionnaire | Sleep duration (hours/night) | 7 | hours | Frailty (Fried criteria) | 3 | criteria | 1.49 | 1.4 | | | | Age, sex, BMI, smoking, alcohol, education, marital status, chronic diseases, depressive symptoms, cognitive function, sleep quality | NOS | 8 | |
| Study 63: Ma et al. (2020) | Ma et al. | 2020 | China | Cross-sectional | 2513 | 70 | 1.55 | 1.3 | Community-based | Questionnaire | Sleep duration (hours/night) | 7 | hours | Frailty (Fried criteria) | 3 | criteria | 1.49 | 1.4 | | | | Age, sex, BMI, smoking, alcohol, education, marital status, chronic diseases, depressive symptoms, cognitive function, sleep quality | NOS | 8 | |
| Study 64: Ma et al. (2020) | Ma et al. | 2020 | China | Cross-sectional | 2513 | 70 | 1.55 | 1.3 | Community-based | Questionnaire | Sleep duration (hours/night) | 7 | hours | Frailty (Fried criteria) | 3 | criteria | 1.49 | 1.4 | | | | Age, sex, BMI, smoking, alcohol, education, marital status, chronic diseases, depressive symptoms, cognitive function, sleep quality | NOS | 8 | |
| Study 65: Ma et al. (2020) | Ma et al. | 2020 | China | Cross-sectional | 2513 | 70 | 1.55 | 1.3 | Community-based | Questionnaire | Sleep duration (hours/night) | 7 | hours | Frailty (Fried criteria) | 3 | criteria | 1.49 | 1.4 | | | | Age, sex, BMI, smoking, alcohol, education, marital status, chronic diseases, depressive symptoms, cognitive function, sleep quality | NOS | 8 | |
| Study 66: Ma et al. (2020) | Ma et al. | 2020 | China | Cross-sectional | 2513 | 70 | 1.55 | 1.3 | Community-based | Questionnaire | Sleep duration (hours/night) | 7 | hours | Frailty (Fried criteria) | 3 | criteria | 1.49 | 1.4 | | | | Age, sex, BMI, smoking, alcohol, education, marital status, chronic diseases, depressive symptoms, cognitive function, sleep quality | NOS | 8 | |
| Study 67: Ma et al. (2020) | Ma et al. | 2020 | China | Cross-sectional | 2513 | 70 | 1.55 | 1.3 | Community-based | Questionnaire | Sleep duration (hours/night) | 7 | hours | Frailty (Fried criteria) | 3 | criteria | 1.49 | 1.4 | | | | Age, sex, BMI, smoking, alcohol, education, marital status, chronic diseases, depressive symptoms, cognitive function, sleep quality | NOS | 8 | |
| Study 68: Ma et al. (2020) | Ma et al. | 2020 | China | Cross-sectional | 2513 | 70 | 1.55 | 1.3 | Community-based | Questionnaire | Sleep duration (hours/night) | 7 | hours | Frailty (Fried criteria) | 3 | criteria | 1.49 | 1.4 | | | | Age, sex, BMI, smoking, alcohol, education, marital status, chronic diseases, depressive symptoms, cognitive function, sleep quality | NOS | 8 | |
| Study 69: Ma et al. (2020) | Ma et al. | 2020 | China | Cross-sectional | 2513 | 70 | 1.55 | 1.3 | Community-based | Questionnaire | Sleep duration (hours/night) | 7 | hours | Frailty (Fried criteria) | 3 | criteria | 1.49 | 1.4 | | | | Age, sex, BMI, smoking, alcohol, education, marital status, chronic diseases, depressive symptoms, cognitive function, sleep quality | NOS | 8 | |
| Study 70: Ma et al. (2020) | Ma et al. | 2020 | China | Cross-sectional | 2513 | 70 | 1.55 | 1.3 | Community-based | Questionnaire | Sleep duration (hours/night) | 7 | hours | Frailty (Fried criteria) | 3 | criteria | 1.49 | 1.4 | | | | Age, sex, BMI, smoking, alcohol, education, marital status, chronic diseases, depressive symptoms, cognitive function, sleep quality | NOS | 8 | |
| Study 71: Ma et al. (2020) | Ma et al. | 2020 | China | Cross-sectional | 2513 | 70 | 1.55 | 1.3 | Community-based | Questionnaire | Sleep duration (hours/night) | 7 | hours | Frailty (Fried criteria) | 3 | criteria | 1.49 | 1.4 | | | | Age, sex, BMI, smoking, alcohol, education, marital status, chronic diseases, depressive symptoms, cognitive function, sleep quality | NOS | 8 | |
| Study 72: Ma et al. (2020) | Ma et al. | 2020 | China | Cross-sectional | 2513 | 70 | 1.55 | 1.3 | Community-based | Questionnaire | Sleep duration (hours/night) | 7 | hours | Frailty (Fried criteria) | 3 | criteria | 1.49 | 1.4 | | | | Age, sex, BMI, smoking, alcohol, education, marital status, chronic diseases, depressive symptoms, cognitive function, sleep quality | NOS | 8 | |
| Study 73: Ma et al. (2020) | Ma et al. | 2020 | China | Cross-sectional | 2513 | 70 | 1.55 | 1.3 | Community-based | Questionnaire | Sleep duration (hours/night) | 7 | hours | Frailty (Fried criteria) | 3 | criteria | 1.49 | 1.4 | | | | Age, sex, BMI, smoking, alcohol, education, marital status, chronic diseases, depressive symptoms, cognitive function, sleep quality | NOS | 8 | |
| Study 74: Ma et al. (2020) | Ma et al. | 2020 | China | Cross-sectional | 2513 | 70 | 1.55 | 1.3 | Community-based | Questionnaire | Sleep duration (hours/night) | 7 | hours | Frailty (Fried criteria) | 3 | criteria | 1.49 | 1.4 | | | | Age, sex, BMI, smoking, alcohol, education, marital status, chronic diseases, depressive symptoms, cognitive function, sleep quality | NOS | 8 | |
| Study 75: Ma et al. (2020) | Ma et al. | 2020 | China | Cross-sectional | 2513 | 70 | 1.55 | 1.3 | Community-based | Questionnaire | Sleep duration (hours/night) | 7 | hours | Frailty (Fried criteria) | 3 | criteria | 1.49 | 1.4 | | | | Age, sex, BMI, smoking, alcohol, education, marital status, chronic diseases, depressive symptoms, cognitive function, sleep quality | NOS | 8 | |
| Study 76: Ma et al. (2020) | Ma et al. | 2020 | China | Cross-sectional | 2513 | 70 | 1.55 | 1.3 | Community-based | Questionnaire | Sleep duration (hours/night) | 7 | hours | Frailty (Fried criteria) | 3 | criteria | 1.49 | 1.4 | | | | Age, sex, BMI, smoking, alcohol, education, marital status, chronic diseases, depressive symptoms, cognitive function, sleep quality | NOS | 8 | |
| Study 77: Ma et al. (2020) | Ma et al. | 2020 | China | Cross-sectional | 2513 | 70 | 1.55 | 1.3 | Community-based | Questionnaire | Sleep duration (hours/night) | 7 | hours | Frailty (Fried criteria) | 3 | criteria | 1.49 | 1.4 | | | | Age, sex, BMI, smoking, alcohol, education, marital status, chronic diseases, depressive symptoms, cognitive function, sleep quality | NOS | 8 | |
| Study 78: Ma et al. (2020) | Ma et al. | 2020 | China | Cross-sectional | 2513 | 70 | 1.55 | 1.3 | Community-based | Questionnaire | Sleep duration (hours/night) | 7 | hours | Frailty (Fried criteria) | 3 | criteria | 1.49 | 1.4 | | | | Age, sex, BMI, smoking, alcohol, education, marital status, chronic diseases, depressive symptoms, cognitive function, sleep quality | NOS | 8 | |
| Study 79: Ma et al. (2020) | Ma et al. | 2020 | China | Cross-sectional | 2513 | 70 | 1.55 | 1.3 | Community-based | Questionnaire | Sleep duration (hours/night) | 7 | hours | Frailty (Fried criteria) | 3 | criteria | 1.49 | 1.4 | | | | Age, sex, BMI, smoking, alcohol, education, marital status, chronic diseases, depressive symptoms, cognitive function, sleep quality | NOS | 8 | |
| Study 80: Ma et al. (2020) | Ma et al. | 2020 | China | Cross-sectional | 2513 | 70 | 1.55 | 1.3 | Community-based | Questionnaire | Sleep duration (hours/night) | 7 | hours | Frailty (Fried criteria) | 3 | criteria | 1.49 | 1.4 | | | | Age, sex, BMI, smoking, alcohol, education, marital status, chronic diseases, depressive symptoms, cognitive function, sleep quality | NOS | 8 | |
| Study 81: Ma et al. (2020) | Ma et al. | 2020 | China | Cross-sectional | 2513 | 70 | 1.55 | 1.3 | Community-based | Questionnaire | Sleep duration (hours/night) | 7 | hours | Frailty (Fried criteria) | 3 | criteria | 1.49 | 1.4 | | | | Age, sex, BMI, smoking, alcohol, education, marital status, chronic diseases, depressive symptoms, cognitive function, sleep quality | NOS | 8 | |
| Study 82: Ma et al. (2020) | Ma et al. | 2020 | China | Cross-sectional | 2513 | 70 | 1.55 | 1.3 | Community-based | Questionnaire | Sleep duration (hours/night) | 7 | hours | Frailty (Fried criteria) | 3 | criteria | 1.49 | 1.4 | | | | Age, sex, BMI, smoking, alcohol, education, marital status, chronic diseases, depressive symptoms, cognitive function, sleep quality | NOS | 8 | |
| Study 83: Ma et al. (2020) | Ma et al. | 2020 | China | Cross-sectional | 2513 | 70 | 1.55 | 1.3 | Community-based | Questionnaire | Sleep duration (hours/night) | 7 | hours | Frailty (Fried criteria) | 3 | criteria | 1.49 | 1.4 | | | | Age, sex, BMI, sm