

評価対象論文リスト(要因:睡眠時間、アウトカム:認知症・認知機能低下)

評価判定日:2023/11/20

①既存の系統的レビュー・メタ解析・統合解析

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10	Bubu OM, Andrade AG, Umasabor-Bubu OQ, et al. Obstructive sleep apnea, cognition and Alzheimer's disease: A systematic review integrating three decades of multidisciplinary research. <i>Sleep Medicine Reviews.</i> 2020;50:101250. doi:10.1016/j.smr.2019.101250
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12	Fan L, Xu W, Cai Y, Hu Y, Wu C. Sleep duration and the risk of dementia: a systematic review and meta-analysis of prospective cohort studies. <i>Journal of the American Medical Directors Association.</i> 2019;20(12):1480-1487.e5. doi:10.1016/j.jamda.2019.06.009
13	Smith L, Shin JI, Jacob L, et al. Sleep problems and mild cognitive impairment among adults aged ≥50 years from low- and middle-income countries. <i>Experimental Gerontology.</i> 2021;154:111513. doi:10.1016/j.exger.2021.111513
14	Xu W, Tan CC, Zou JJ, Cao XP, Tan L. Sleep problems and risk of all-cause cognitive decline or dementia: an updated systematic review and meta-analysis. <i>J Neurol Neurosurg Psychiatry.</i> 2020;91(3):236-244. doi:10.1136/jnnp-2019-321896
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②日本人集団の個別疫学研究

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26	Yuki NAKAMURA and Youngju CHOI and Nobuhiko AKAZAWA and Insung PARK and Fusae KAWANA and Makoto SATOH and Kumpei TOKUYAMA and Seiji MAEDA, The Effect of Sleep Quality on Cognitive Functions in Young Healthy Men, <i>Advances in exercise and sports physiology</i> , 13403141, Tsukuba : Japan Society of Exercise and Sports Physiology, 2019-03, 24, 4, 51-56
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■メタ解析、系統的レビュー

Reference			Include study					Design	Category	Relative risk (95% CI or p)	Weight	Magnitude of association
Author	Title	Year	Ref No.	First author	Year	Study period	Study location	Event (*Definition)				
Fan L	Sleep Duration and the Risk of Dementia: A Systematic Review and Meta-analysis of Prospective Cohort Studies	2019										
			9	Lu	2018	2006-2012	Japan	Incidence (Record linkage)	Cohort	Ref: 7-8 Short: ≤ 6 long: ≥ 9	1.01 (0.75 - 1.34) 0.98 (0.61 - 1.57)	19.62 - 15.44 -
			10	Ohara	2018	2002-2012	Japan	Incidence (DSM-III-R)	Cohort	Ref: 5-6.9 Short: ≤ 5 long: ≥ 9	2.43 (1.42 - 4.16) 2.18 (0.92 - 5.157)	15.54 ↑ ↑ 7.44 ↑ ↑
Xu W	Sleep problems and risk of all-cause cognitive decline or dementia: an updated systematic review and meta-analysis	2020	Appendix 3	Ohara	2018	2002-2012	Japan	Incidence	Cohort	N/A	N/A (meta-analysisに研究ごとの数値は記載されていない。)	
			Appendix 4	Nakakubo	2018	2011-2016	Japan	Cognitive dec	Cohort	N/A	N/A (meta-analysisに研究ごとの数値は記載されていない。)	
			Appendix 7	Liu	2018	2006-2012	Japan	Incidence	Cohort	N/A	N/A (meta-analysisに研究ごとの数値は記載されていない。)	