

評価対象論文リスト(要因:睡眠時間、アウトカム:早産・低出生体重児・在胎不当過小児)

評価判定日:2023/10/20

①既存の系統的レビュー・メタ解析・統合解析

1	Lu Q, Zhang X, Wang Y, et al. Sleep disturbances during pregnancy and adverse maternal and fetal outcomes: A systematic review and meta-analysis. <i>Sleep Medicine Reviews</i> . 2021;58:101436. doi:10.1016/j.smrv.2021.101436
2	Warland J, Dorrian J, Morrison JL, O'Brien LM. Maternal sleep during pregnancy and poor fetal outcomes: A scoping review of the literature with meta-analysis. <i>Sleep Medicine Reviews</i> . 2018;41:197-219. doi:10.1016/j.smrv.2018.03.004
3	Wang R, Xu M, Yang W, et al. Maternal sleep during pregnancy and adverse pregnancy outcomes: A systematic review and meta-analysis. <i>J of Diabetes Invest</i> . 2022;13(7):1262-1276. doi:10.1111/jdi.13770
4	Shi F, Ji C, Wu Q, Zhao Y. Association between sleep duration during pregnancy and preterm birth: a dose-response meta-analysis. <i>The Journal of Maternal-Fetal & Neonatal Medicine</i> . 2022;35(25):7617-7628. doi:10.1080/14767058.2021.1957821
5	Yang Z, Zhu Z, Wang C, Zhang F, Zeng H. Association between adverse perinatal outcomes and sleep disturbances during pregnancy: a systematic review and meta-analysis. <i>The Journal of Maternal-Fetal & Neonatal Medicine</i> . 2022;35(1):166-174. doi:10.1080/14767058.2020.1711727
6	Wang L, Jin F. Association between maternal sleep duration and quality, and the risk of preterm birth: a systematic review and meta-analysis of observational studies. <i>BMC Pregnancy Childbirth</i> . 2020;20(1):125. doi:10.1186/s12884-020-2814-5
7	Anderson NH, Gordon A, Li M, et al. Association of supine going-to-sleep position in late pregnancy with reduced birth weight: a secondary analysis of an individual participant data meta-analysis. <i>JAMA Netw Open</i> . 2019;2(10):e1912614. doi:10.1001/jamanetworkopen.2019.12614

②日本人集団の個別疫学研究

8	The Japan Environment and Children's Study (JECS) Group, Murata T, Kyozuka H, et al. Maternal sleep duration and neonatal birth weight: the Japan Environment and Children's Study. <i>BMC Pregnancy Childbirth</i> . 2021;21(1):295. doi:10.1186/s12884-021-03670-3
9	Japan Environment & Children's Study Group, Morokuma S, Shimokawa M, et al. Maternal sleep and small for gestational age infants in the Japan Environment and Children's Study: a cohort study. <i>BMC Res Notes</i> . 2017;10(1):394. doi:10.1186/s13104-017-2675-9
10	Nakahara K, Michikawa T, Morokuma S, et al. Association of maternal sleep before and during pregnancy with preterm birth and early infant sleep and temperament. <i>Sci Rep</i> . 2020;10(1):11084. doi:10.1038/s41598-020-67852-3

■コホート研究(コホートのプール解析含む)

Reference			Study subjects						Category	Number among cases	Relative risk (95%CI or p)	P for trend	Confounding variables considered	Magnitude of association
Author	Title	Year	Study period	Number of subjects	Source of subjects	Event followed	Number of incident cases or	Participant's race						
Murata	Maternal sleep duration and neonatal birth weight: the Japan Environment and Children's Study	2021	2011-2014	82171	JECS	LBW<2500	330 (8.3)	Japanese	<6.0 hr.	3958	1.02 [0.91-1.15]	<0.001	Crude odds	↓
							3101 (8.2)	Japanese	6.0-7.9 hr.	37944	ref.			
							1803 (7.6)	Japanese	8.0-8.9 hr.	23769	0.92 [0.37-0.89]			
							837 (7.0)	Japanese	9.0-9.9 hr.	11976	0.84 [0.78-0.91]			
							327 (7.2)	Japanese	10.0-12.0 hr.	4524	0.88 [0.88-0.99]			
Murata	Maternal sleep duration and neonatal birth weight: the Japan Environment and Children's Study	2021	2011-2014	82171	JECS	SGA	187 (4.7)	Japanese	<6.0 hr.	3958	0.92 [0.78-1.07]	0.25	Crude odds	-
							1951 (5.1)	Japanese	6.0-7.9 hr.	37944	ref.			
							1173 (4.9)	Japanese	8.0-8.9 hr.	23769	0.96 [0.89-1.03]			
							558 (4.7)	Japanese	9.0-9.9 hr.	11976	0.90 [0.82-0.99]			
							224 (5.0)	Japanese	10.0-12.0 hr.	4524	0.96 [0.83-1.11]			
Nakamura	Association of maternal sleep before and during pregnancy with preterm birth and early infant sleep and temperament	2020	2011-2014		JECS	PTB	288 (4.8)	Japanese	<6.0 hr.	6028	1.04 [0.92-1.17]		maternal age at delivery, smoking habits, alcohol consumption, pre-pregnancy body mass index, parity, current history of diabetes or gestational diabetes, hypertensive disorders in pregnancy and intrauterine infection, history of preterm birth, infertility treatment	-
							820 (4.8)	Japanese	6.0-6.9 hr.	17260	1.06 [0.97-1.15]			
							1283 (4.4)	Japanese	7.0-7.9 hr.	29350	ref.			
							922 (4.3)	Japanese	8.0-8.9 hr.	21521	1.00 [0.92-1.09]			
							353 (4.0)	Japanese	9.0-9.9 hr.	8830	0.93 [0.83-01.04]			
	Japanese	10.0-12.0 hr.	4117	1.00 [0.85-1.16]										