

Association of estimated sleep duration and naps with mortality and cardiovascular events: a study of 116 632 people from 21 countries

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Aims

To investigate the association of estimated total daily sleep duration and daytime nap duration with deaths and major cardiovascular events.

Methods and results

We estimated the durations of total daily sleep and daytime naps based on the amount of time in bed and self-reported napping time and examined the associations between them and the composite outcome of deaths and major cardiovascular events in 116 632 participants from seven regions. After a median follow-up of 7.8 years, we recorded 4381 deaths and 4365 major cardiovascular events. It showed both shorter (≤ 6 h/day) and longer

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