	Study	DD (ASA) CD	%
	ID	RR (95% CI)	Weig
	<5 or ≤5 hours per night		
	Zhang, et al (HPFS) (2013)	0.67 (0.35, 1.28)	3.04
	Zhang, et al (NHS) (2013)	1.10 (0.85, 1.44)	11.23
	Jiao, et al (2013)	1.36 (1.06, 1.74)	11.97
	Gu, et al (2016)	1.03 (0.82, 1.30)	12.85
	Papantoniou, et al (2021)	1.05 (0.86, 1.28)	14.58
	Devore, et al (2017)	0.83 (0.69, 1.01)	15.07
	Subtotal (I-squared = 57.2%, p = 0.039)	1.03 (0.88, 1.20)	68.75
	<7 hours per night		
	McNeil, et al (2020)	0.97 (0.61, 1.53)	5.38
	Subtotal (I-squared = .%, p = .)	0.97 (0.61, 1.54)	5.38
	<6 or ≤6 hours per night		
	Hurley, et al (2015)	1.02 (0.88, 1.19)	17.51
	Lin, et al (2018)	2.12 (0.75, 5.96)	1.29
	Thompson, et al (2011)	1.49 (1.02, 2.19)	7.08
	Subtotal (I-squared = 59.2%, p = 0.086)	1.26 (0.88, 1.80)	25.87
	Overall (I-squared = 47.7%, p = 0.046)	1.06 (0.94, 1.20)	100.0
_	NOTE: Weights are from random effects analysis		
	0.28 1 3.	13	
	Study		%
	ID	RR (95% CI)	Weig
-	>9 or \geq 9 hours per night		
	Zhang, et al (HPFS) (2013)	1.35 (1.00, 1.82)	11.92
	Zhang, et al (NHS) (2013)	1.11 (0.85, 1.44)	12.56
	Jiao, et al (2013)	1.47 (1.10, 1.96)	12.11
	McNeil, et al (2020)	0.72 (0.34, 1.49)	5.53
	Gu, et al (2016)	1.12 (0.93, 1.35)	13.85
	Lin, et al (2018)	■ 3.84 (2.77, 7.80)	8.21
			13.63
	Papantoniou, et al (2021)	1.59 (1.30, 1.94)	
	Devore, et al (2017)	0.91 (0.76, 1.09)	13.94
	Subtotal (I-squared = 82.9%, p = 0.000)	1.32 (1.05, 1.66)	91.75
	≥10 hours per night		
	Hurley, et al (2015)	1.42 (0.85, 2.38)	8.25
	Subtotal (I-squared = .%, p = .)	1.42 (0.85, 2.38)	8.25
	Overall (I-squared = 80.6%, p = 0.000)	1.33 (1.07, 1.65)	100.0

Figure S1 Forest plot of sleep duration and risk of colorectal neoplasm stratified by different definition of short or long sleep duration. (A) Short sleep duration. (B) Long sleep duration. RR, relative risks; CI, confidence interval; HPFS, The Health Professionals Follow-up Study; NHS, The Nurses' Health Study.