

Supplementary-material

The complete search strategy can be found in the supplemental materials on pages 1-2. Detailed results of the risk of bias assessment for the included studies are provided on pages 3-4 (Tables S1, S2).

Complete Search Strategy

PubMed:

#1: "sleep duration"[Title/ Abstract] OR "total sleep time"[Title/ Abstract] OR "sleep efficiency"[Title/ Abstract] OR "chronotype"[Title/ Abstract] OR "sleep timing"[Title/ Abstract] OR "sleep midpoint"[Title/ Abstract] OR "social jetlag"[Title/ Abstract] OR "sleep regularity"[Title/ Abstract] OR "sleep alertness"[Title/ Abstract] OR "daytime sleepiness"[Title/ Abstract] OR "Epworth Sleepiness Scale"[Title/ Abstract]

#2: "Inflammatory Bowel Diseases"[Mesh] OR "Crohn Disease"[Mesh] OR "Colitis, Ulcerative"[Mesh] OR "inflammatory bowel disease*"[Title/ Abstract] OR "IBD"[Title/ Abstract] OR "ulcerative colitis"[Title/ Abstract] OR "UC"[Title/ Abstract] OR "Crohn* disease*"[Title/ Abstract] OR "Crohn's"[Title/ Abstract]

#3: #1 AND #2

Cochrane:

#1: (inflammatory bowel disease):ti,ab,kw OR (inflammatory bowel diseases):ti,ab,kw OR (IBD):ti,ab,kw OR (crohn's disease):ti,ab,kw OR (crohns disease):ti,ab,kw OR (crohn):ti,ab,kw OR (ulcerative colitis):ti,ab,kw OR (colitis):ti,ab,kw

#2: (sleep duration):ti,ab,kw OR (total sleep time):ti,ab,kw OR (sleep efficiency):ti,ab,kw OR (chronotype):ti,ab,kw OR (sleep timing):ti,ab,kw OR (sleep midpoint):ti,ab,kw OR (social jetlag):ti,ab,kw OR (sleep regularity):ti,ab,kw OR (alertness):ti,ab,kw OR (daytime sleepiness):ti,ab,kw OR (Epworth Sleepiness Scale):ti,ab,kw

#3: #1 AND #2

PsycINFO:

#1: Any Field: sleep duration OR Any Field: total sleep time OR Any Field: sleep efficiency OR Any Field: chronotype OR Any Field: sleep timing OR Any Field: sleep midpoint OR Any Field: social jetlag OR Any Field: sleep regularity OR Any Field: alertness OR Any Field: daytime sleepiness OR Any Field: Epworth Sleepiness Scale

#2: Any Field: Inflammatory Bowel Disease OR Any Field: Crohn's Disease OR Any Field: Ulcerative Colitis OR Any Field: IBD OR Any Field: UC OR Any Field: CD

#3: #1 AND #2

Embase:

#1: 'sleep duration':ti,ab,kw OR 'total sleep time':ti,ab,kw OR 'sleep efficiency':ti,ab,kw OR 'chronotype':ti,ab,kw OR 'sleep timing':ti,ab,kw OR 'sleep midpoint':ti,ab,kw OR 'social jetlag':ti,ab,kw OR 'sleep regularity':ti,ab,kw OR 'alertness':ti,ab,kw OR 'daytime sleepiness':ti,ab,kw OR 'epworth sleepiness scale':ti,ab,kw

#2: 'inflammatory bowel disease':ti,ab,kw OR 'ibd':ti,ab,kw OR 'ulcerative colitis':ti,ab,kw OR 'uc':ti,ab,kw OR 'crohn* disease*':ti,ab,kw OR 'crohns':ti,ab,kw

#3: #1 AND #2

Newcastle Ottawa Scale for assessing risk of bias

Supplementary Table 1 Newcastle Ottawa Scale for assessing risk of bias in cross-sectional studies

Study	Selection				Comparability	Outcome		Total stars
	S1	S2	S3	S4	C1	O1	O2	
Alex et al. 2024				*	**	**	*	6
Bazin et al. 2020				**	*	**	*	6
Chakradeo et al. 2018	*			**	**	*	*	7
Chrobak et al. 2018	*			**	**	*	*	7
Conley et al. 2020				**		**	*	5
Iskandar et al. 2020				**	**	**	*	7
Jessica et al. 2023				**	*	**	*	6
Kani et al. 2020	*			**	**	*	*	7
Keefer et al. 2006				**	*	**	*	6
Kendra et al. 2023				**		**	*	5
Keskin et al. 2020				**	**	*	*	6
Mokros et al. 2021				**	*	*	*	5

Paixão et al. 2020			**		**	*	5
Qazi et al. 2019			**	*	**	*	6
Swanson et al. 2022			**	**	**	*	7
Zhang et al. 2019	*	*	**	**	**	*	9
Zhang et al. 2022	*	*	*	**	*	*	7

Supplementary Table 2 Newcastle Ottawa Scale for assessing risk of bias in cohort and case control studies

Cohort	Study	Selection				Comparability	Outcome			Total stars
		S1	S2	S3	S4	C1	O1	O2	O3	
	Ananthakrishnan et al. 2014	*	*	*	*	**	*	*	*	9
	Hirten et al. 2025		*	*		**	*	*		6
	Thanaboon et al. 2025		*	*	*	**	*	*	*	8
	Yuan et al. 2022	*	*		*	**	*	*	*	8
Case control	Study	Selection				Comparability	Exposure			Total stars

	S1	S2	S3	S4	C1	E1	E2	E3	
Qalqili et al. 2021	*	*	*	*	**		*	*	8
Wu et al. 2020	*	*		*	**		*		6
