

# INPLASY

## Association between insomnia symptoms and chronotype – a systematic review and meta-analysis

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### ADMINISTRATIVE INFORMATION

**Support** - None.

**Review Stage at time of this submission** - The review has not yet started.

**Conflicts of interest** - None declared.

**INPLASY registration number:** INPLASY202510013

**Amendments** - This protocol was registered with the International Platform of Registered Systematic Review and Meta-Analysis Protocols (INPLASY) on 5 January 2025 and was last updated on 5 January 2025.

### INTRODUCTION

**Review question / Objective** To explore the association between circadian manifestation and common sleep disorders.

**Condition being studied** Sleep disorders.

### METHODS

**Participant or population** Patients with sleep disorders.

**Intervention** None.

**Comparator** None.

**Study designs to be included** prospective and cross-sectional studies.

**Eligibility criteria** Studies related to the association between circadian manifestation and common sleep disorders.

**Information sources** PubMed, Embase, and Cochrane Library.

**Main outcome(s)** The relationship between chronotype and insomnia.

**Quality assessment / Risk of bias analysis** Newcastle-Ottawa Scale (NOS).

**Strategy of data synthesis** Mean difference (MD) was calculated to see which chronotype tended to have a higher level of insomnia severity.

**Subgroup analysis** None.

**Sensitivity analysis** None.

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**Country(ies) involved** China.

**Keywords** chronotype; insomnia; eveningness; morningness; meta-analysis.

**Contributions of each author**

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