	Total sleep time, min	Sleep efficiency	Wake after sleep onset, min	Duration of sleep stages (percentage of total sleep time)			
				N1	N2	N3	REM
Total sample	394·6 (388·4–400·8); k=158	85·7% (84·8–86·6); k=147	48·2 (43·8–52·6); k=94	7·9% (7·3–8·5); k=104	51·4% (50·2–52·6); k=104	20·4% (19·0–21·8); k=107	19·0% (18·5–19·6); k=108
Mean age, years							
18–34	410·6 (404·5–416·6); k=76	89·0% (88·0–90·0); k=65	32·1 (28·2–36·1); k=42	6·0% (5·3–6·7); k=38;	51·3% (49·6–52·9); k=39	21·4% (20·0–22·8); k=42	19·8% (18·8–20·8); k=44
35–49	386·6 (371·4–401·9); k=32	85·4% (83·7–87·1); k=35	51·1 (41·1–61·1); k=22	8·0% (6·9–9·2); k=23	52·2% (50·6–53·8); k=24	20·4% (18·5–22·2); k=23	19·3% (18·2–20·3); k=24
50–64	372·0 (358·1–85·89); k=26	83·2% (81·0–85·4); k=27	64·0 (55·1–72·9); k=17	8·7% (7·3–10·0); k=22	52·8% (49·8–55·8); k=22	18·1% (15·0–21·2); k=23	18·7% (17·8–19·6); k=23
65–79	346·0 (326·7–365·4); k=17	77·5% (73·0–81·9); k=16	77·1 (57·3–96·9); k=12	9·3% (7·0–11·6); k=11;	53·3% (50·0–56·7); k=11	19·9% (17·8–22·1); k=11	17·7% (16·9–18·5); k=10
≥80	198·6 (142·5–254·7); k=1	45·7% (33·7–57·7); k=1	NA	27·5% (15·0–40·0); k=1	43·5% (37·8–49·2); k=1	19·1% (8·3–29·9); k=1	9·9% (4·4–15·4); k=1
Sex							
Both	405·2 (398·8–411·7); k=101	86·7% (85·5–87·8); k=96	43·3 (37·9–48·8); k=56	9·7% (8·7–10·6); k=59	50·6% (48·7–52·5); k=59	19·5% (17·5–21·4); k=62	19·2% (18·5–19·9); k=63
Men only	374·6 (357·3–392·0); k=30	84·3% (82·0–86·6); k=27	51·8 (42·1–61·4); k=20	5·3% (4·5–6·1); k=23	52·1% (50·2–53·9); k=24	21·0% (19·5–22·4); k=24	19·9% (18·5–21·2); k=24
Women only	356·0 (337·3–374·8); k=19	84·1% (81·6–86·5); k=20	55·0 (46·3–63·7); k=17	4·2% (3·6–4·7); k=16	55·1% (54·0–56·3); k=16	22·1% (20·8–23·4); k=17	18·6% (17·9–19·3); k=17
Night of sleep study							
First night	371·6 (361·8–381·3); k=89	84·2% (83·0–85·4); k=88	52·7 (46·7–58·7); k=57	7·0% (6·4–7·5); k=63	52·1% (50·8–53·3); k=69	20·7% (19·6–21·8); k=69	18·3% (17·7–18·8); k=68
Second night or later	419·7 (412·0–427·4); k=48	89·3% (88·0–90·5); k=39	37·9 (30·6–45·2); k=26	6·9% (5·6–8·3); k=23	48·2% (45·7–50·8); k=24	22·3% (18·5–26·2); k=25	21·4% (20·0–22·7); k=26

Variable k represents the number of control groups combined to reach the pooled estimate; the corresponding number of participants for each estimate is included in the appendix. Some studies included more than one control group. REM=rapid eye movement. NA=no studies available for this variable at this age cutoff.

Table 2: Means with 95% CIs for total sleep time, sleep efficiency, wake after sleep onset, and duration of sleep stages for total sample and by age, sex, and night of sleep study based on random-effects models