Table s1. Study quality on the AHRQ scale

First author/publication year / Items	Sogol Javaheri 2008	Xiaofan Guo 2011	Ines Paciencia 2013	Leila Azadbakht 2013	J.A. Lee 2014	Renata Kuciene 2014	Cengizz Ball 2017
1) Define the source of information (survey, record review)	yes	yes	yes	yes	yes	yes	yes
2) List inclusion and exclusion criteria for exposed and unexposed subjects (cases and controls) or refer to previous publications	yes	yes	yes	yes	yes	yes	no
3) Indicate time period used for identifying patients	yes	yes	yes	yes	yes	yes	yes
4) Indicate whether or not subjects were consecutive if not population-based	yes	yes	yes	yes	yes	yes	yes
5) Indicate if evaluators of subjective components of study were masked to other aspects of the status of the participants	yes	no	yes	yes	yes	yes	yes
6) Describe any assessments undertaken for quality assurance purposes (e.g., test/retest of primary outcome measurements)	yes	no	no	no	no	yes	no
7) Explain any patient exclusions from analysis	no	yes	yes	no	yes	yes	no
8) Describe how confounding was assessed and/or controlled	yes	yes	yes	yes	yes	yes	yes
9) If applicable, explain how missing data were handled in the analysis	no	no	no	no	no	no	no
10) Summarize patient response rates and completeness of data collection	no	yes	yes	no	yes	yes	no
11) Clarify what follow-up, if any, was expected and the percentage of patients for which incomplete data or follow-up was obtained	no	no	no	no	no	no	no

Table s2. Sensitivity analysis about the association between short sleep duration and high blood pressure. (a) and (b) indicate boys and girls, respectively.

Study ommitted	Odds Ratio	[95% Ceonfidence	Interval]
Sogol Javaheri2008	1.4467057	.97815931	2.1396897
XiaofanGuo(boysa)2011	1.5044129	.97012424	2.332957
Xiaofan Guo(boysb)2011	1.581327	1.0673059	2.3429039
Xiaofan Guo(girlsa)2011	1.5812936	1.0500308	2.3813486
Xiaofan Guo(girlsb)2011	1.7420336	1.2597389	2.4089761
J.A. Lee2014	1.437888	.95093542	2.1741979
Renata Kuciene(boys)2014	1.4691416	.92869687	2.3240921
Renata Kuciene(girls)2014	1.3421607	.98130429	1.8357153
Combined	1.5119205	1.0446493	2.1882018

Table s3. Sensitivity analysis about the association between long sleep duration and high blood pressure. (a) and (b) indicate boys and girls, respectively.

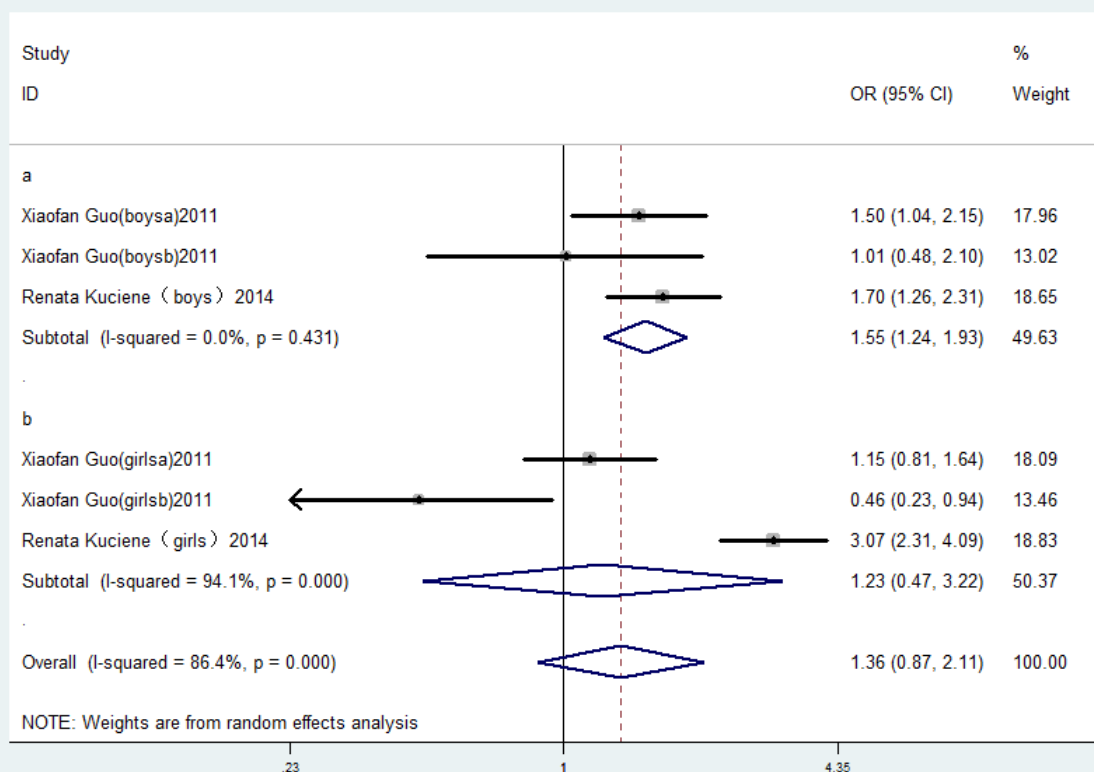| Study ommitted	Odds Ratio	[95% Confidence	Interval]
XiaofanGuo(boysa)2011	.99595875	.7281462	1.3622729
Xiaofan Guo(boysb)2011	1.0236456	.75526989	1.3873852
Xiaofan Guo(girlsa)2011	1.0499718	.75965387	1.4512409
Xiaofan Guo(girlsb)2011	1.0793253	.80393761	1.4490465
Ines Paciencia(boys)2013	1.0580162	.76712382	1.4592147
Ines Paciencia(girls)2013	.95870984	.733253	1.253489
Leila Azadbakht(boys)2013	1.035957	.76973009	1.3942637
Leila Azadbakht(girls)2013	1.0253489	.76289159	1.3780992
J.A. Lee2014	.98731345	.73523104	1.3258252
Cengizz Ball(boys)2017	1.1128098	.83996975	1.4742742
Cengizz Ball(girls)2017	1.1309975	.87091386	1.4687506
Combined	1.0410956	.78459363	1.3814541

Figure s1. Forest plot of association between short sleep duration and high blood pressure; OR, odds ratio; 95% CI, 95% confidence intervals. (a) and (b) indicate boys and girls, respectively.
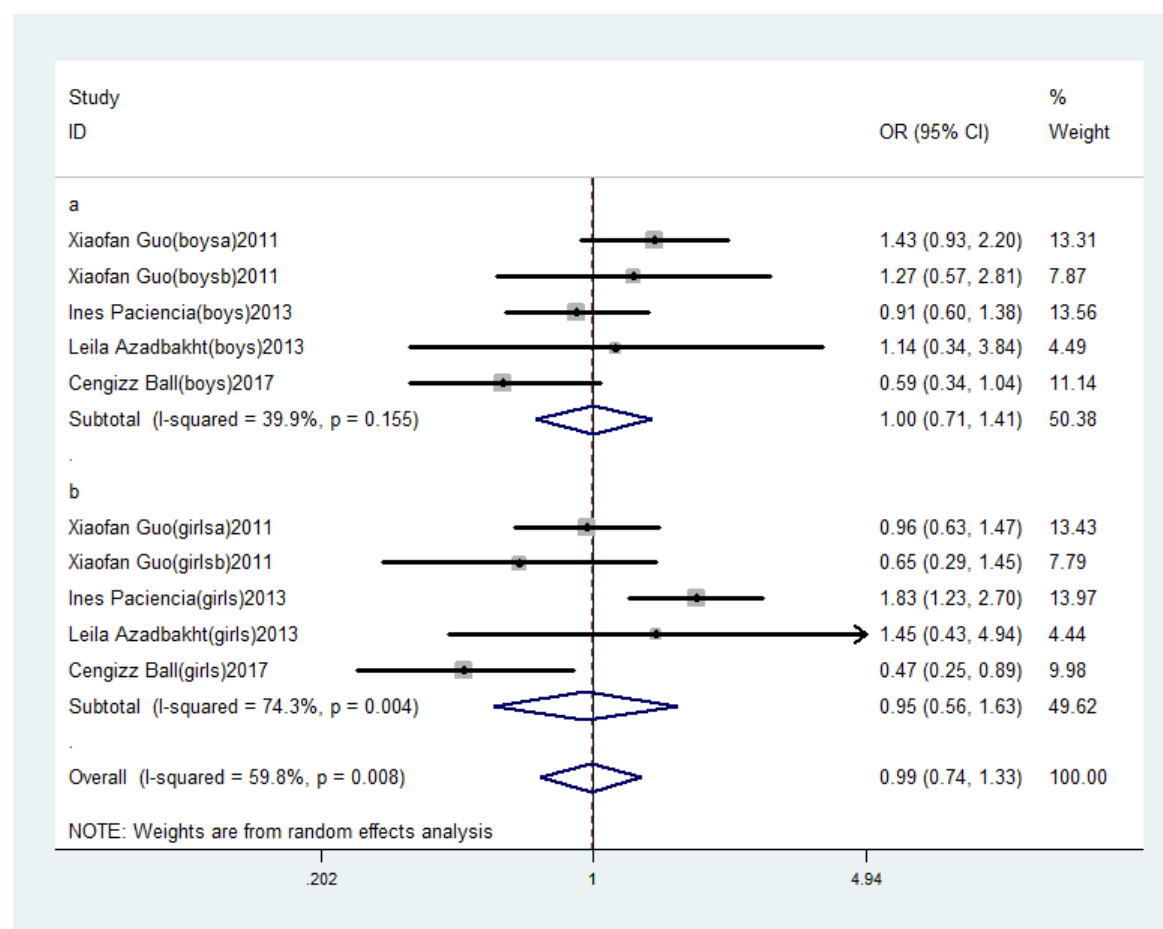
Figure s2.– Forest plot of association between long sleep duration and high blood pressure; OR, odds ratio; 95% CI, 95% confidence intervals. (a) and (b) indicate boys and girls, respectively.