

**Table S2.** Description of population, intervention, comparator and outcome (PICOs).

<b>Population</b>	All age groups
<b>Intervention</b>	None
<b>Comparison</b>	Ultra-processed Food Intake
<b>Outcome</b>	The risk of insomnia
<b>Study design</b>	Observational research (cross-sectional, case-control, or cohort)