Figure 1 Flowchart of the Skaraborg Project 2002-2005. The total number of participants 2,816, and the participation rate was 76%. Two participants had incomplete OGTT, and of those with NGT or IGT 19 participants did not answer the question on lack of sleep, and 50 subjects did not respond to the question on vitality. The current study populations thus included 2508 participants (lack of sleep) and 2477 (vitality), respectively.