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The authors made the following contributions. First Author: Conceptualization, Writing - Original Draft Preparation, Writing - Review & Editing; Ernst-August Doelle: Writing - Review & Editing, Supervision.

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## Abstract

One or two sentences providing a **basic introduction** to the field, comprehensible to a scientist in any discipline.

*Keywords:* keywords

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## Results

The aggregated data-set describes 193,318 observations of daily physical activity and sleep from 24,752 unique participants. Table 1 shows demographic information for all participants. A table of study characteristics can be found in supplementary materials.

### **The effects of physical activity volume on sleep**

We estimated the effects of physical activity on sleep (RQ1) using mixed-effects models. We estimated the effect of physical activity volume on sleep by age, and the results are presented in Table 2 and Figure 1. There was no meaningful relationship between physical activity volume and sleep duration. However, we observed a curvilinear relationships between physical activity volume and sleep efficiency, onset, and regularity, all of which interacted with age. Sleep efficiency improved with greater physical activity volume, but improvements tapered off for older individuals. Physical activity volume and sleep onset had a positive association for younger individuals, but a negative association for older individuals, where sleep onset was reduced among those with the highest physical activity. There was a strong positive association between physical activity volume and sleep regularity, which was strongest among older participants. For participants aged 35 years and above, this link weakened among those with a physical activity volume greater than two standard deviations.

### **The effects of physical activity intensity on sleep**

We estimated how physical activity intensity affects sleep across different age groups. We present the results controlling for sex, SES, and BMI, in Table 3 and Figure 2. We found that higher physical activity intensity is directly proportional to longer sleep duration and better sleep efficiency. In the case of older participants, physical activity intensity had a

U-shaped relationship with sleep onset, meaning that individuals with very low or very high physical activity intensity had longer sleep onset. We also found a strong link between physical activity intensity and improved sleep regularity, which weakened at higher intensity levels.

### **The effects of sleep duration on physical activity**

We estimated the effect of sleep duration on physical activity by age. Results, controlling for sex, SES, and BMI are presented in Table 4 and Figure 3. As age increases, both physical activity volume and intensity decrease. We found a subtle inverted U-shaped relationship between average sleep duration and physical activity volume, where the highest volume of physical activity was linked to average sleep duration.

### **The effects of sleep efficiency on physical activity**

We estimated the effect of sleep efficiency on physical activity by age. Results, controlling for sex, SES, and BMI are presented in Table 5 and Figure 4. We did not find a relationship between physical activity volume and sleep efficiency. However, there was a subtle U-shaped relationship where individuals with above-average sleep efficiency engaged in more intense physical activity.

### **The effects of sleep onset on physical activity**

We estimated the effect of sleep onset on physical activity by age. Results, controlling for sex, SES, and BMI are presented in Table 6 and Figure 5. There were strong U-shaped relationships where average sleep onset was linked to the highest levels of physical activity volume and intensity. The U-shaped relationship between sleep onset and physical activity volume attenuated for older participants.

**The effects of sleep regularity on physical activity**

We estimated the effect of sleep regularity on physical activity by age. Results, controlling for sex, SES, and BMI are presented in Table 7 and Figure 6. There was a U-shaped relationship between sleep regularity and physical activity volume. Participants with below-average sleep regularity tended to have average physical activity volume. Increases in regularity above the average were linked to greater physical activity volume. There was a strong linear relationship between sleep regularity and physical activity intensity which slightly attenuated with age. Greater sleep regularity was associated with greater physical activity the following day.

Table 1

*Participant characteristics*

Characteristic	Age group				
	2-11 years	12-18 years	19-35 years	36-65 years	66+ years
Numeric variables					
N	10,065	3,431	373	4,187	6,615
Valid weartime hours	21.77 (3.03)	21.20 (3.97)	21.06 (3.46)	22.57 (2.49)	23.78 (1.03)
PA volume	43.68 (25.56)	42.28 (16.83)	41.37 (11.44)	39.80 (13.35)	31.23 (10.39)
PA intensity	-2.11 (0.19)	-2.20 (0.19)	-2.35 (0.20)	-2.50 (0.19)	-2.67 (0.22)
Sleep duration	429.14 (120.91)	374.98 (131.77)	334.95 (108.40)	399.97 (70.13)	397.38 (74.34)
Sleep efficiency	0.78 (0.12)	0.81 (0.15)	0.87 (0.10)	0.87 (0.07)	0.86 (0.06)
Sleep onset	20.89 (1.14)	22.17 (2.03)	24.03 (1.73)	23.66 (1.37)	24.41 (1.32)
Sleep regularity	54.58 (12.72)	54.07 (13.28)	53.13 (13.30)	59.11 (11.76)	54.68 (12.59)
Age	9.58 (1.36)	13.73 (2.40)	22.56 (6.04)	57.77 (6.91)	72.22 (4.74)
BMI	17.98 (3.31)	20.08 (5.30)	24.79 (5.94)	26.99 (4.92)	27.08 (4.41)
Accelerometer Wear Location					
Hip	7,487 (74.39%)	1,321 (38.50%)	-	-	-
Wrist	2,578 (25.61%)	2,110 (61.50%)	373 (100.00%)	4,187 (100.00%)	6,615 (100.00%)
Region					
Africa	910 (9.04%)	175 (5.10%)	-	-	-
Asia	635 (6.31%)	95 (2.77%)	-	-	-
Europe	3,002 (29.83%)	1,238 (36.08%)	107 (28.69%)	3,772 (90.09%)	6,612 (99.95%)
North america	1,342 (13.33%)	85 (2.48%)	-	-	-
Oceania	1,798 (17.86%)	694 (20.23%)	146 (39.14%)	415 (9.91%)	3 (0.05%)
South america	2,378 (23.63%)	1,144 (33.34%)	120 (32.17%)	-	-
Season					
Autumn	3,310 (32.89%)	821 (23.93%)	34 (9.12%)	1,003 (23.96%)	1,412 (21.35%)
Spring	2,320 (23.05%)	1,718 (50.07%)	272 (72.92%)	1,145 (27.35%)	2,149 (32.49%)

Table 1 continued

Characteristic	Age group				
	2-11 years	12-18 years	19-35 years	36-65 years	66+ years
Summer	1,260 (12.52%)	372 (10.84%)	30 (8.04%)	956 (22.83%)	1,364 (20.62%)
Winter	3,175 (31.54%)	520 (15.16%)	37 (9.92%)	1,083 (25.87%)	1,690 (25.55%)
Sex					
Female	5,259 (52.25%)	1,757 (51.21%)	232 (62.20%)	2,250 (53.74%)	2,739 (41.41%)
Male	4,806 (47.75%)	1,674 (48.79%)	141 (37.80%)	1,937 (46.26%)	3,876 (58.59%)
Sleep Conditions Reported					
Yes	49 (0.49%)	1 (0.03%)	-	268 (6.40%)	690 (10.43%)
Socioeconomic Status					
Low	3,576 (35.53%)	898 (26.17%)	67 (17.96%)	1,180 (28.18%)	2,505 (37.87%)
Medium	2,798 (27.80%)	1,228 (35.79%)	148 (39.68%)	1,681 (40.15%)	2,589 (39.14%)
High	3,691 (36.67%)	1,305 (38.04%)	158 (42.36%)	1,326 (31.67%)	1,521 (22.99%)

*Note.* For categorical variables the value is the count, and percentage. For numeric variables the value is the Mean and SD.  
N = 24,752

Table 2

*Sleep on physical activity volume controlling for SES, gender and BMI*

Term	$\beta$ [95% CI]	SE	t	p
Sleep duration				
(Intercept)	0.64 [0.54, 0.74]	0.05	12.27	< .001
Scale PA volume	-0.01 [-0.05, 0.03]	0.02	-0.46	.645
Age	-0.01 [-0.01, -0.01]	0.00	-10.38	< .001
Scale PA volume <sup>2</sup>	0.00 [-0.01, 0.02]	0.01	0.53	.608
Scale PA volume:age	0.00 [0.00, 0.00]	0.00	1.57	.120
Age:scale PA volume <sup>2</sup>	0.00 [0.00, 0.00]	0.00	-0.22	.836
Sleep efficiency				
(Intercept)	-0.31 [-0.41, -0.20]	0.05	-5.85	< .001
Scale PA volume	0.23 [0.20, 0.27]	0.02	13.43	< .001
Age	0.01 [0.01, 0.01]	0.00	16.59	< .001
Scale PA volume <sup>2</sup>	-0.03 [-0.04, -0.02]	0.00	-5.73	< .001
Scale PA volume:age	0.00 [0.00, 0.00]	0.00	-7.55	< .001
Age:scale PA volume <sup>2</sup>	0.00 [0.00, 0.00]	0.00	0.13	.895
Sleep onset				
(Intercept)	-0.96 [-1.05, -0.87]	0.05	-20.78	< .001
Scale PA volume	0.13 [0.10, 0.16]	0.02	7.95	< .001
Age	0.02 [0.02, 0.02]	0.00	23.18	< .001
Scale PA volume <sup>2</sup>	-0.02 [-0.03, -0.01]	0.00	-4.04	.001
Scale PA volume:age	0.00 [0.00, 0.00]	0.00	-10.18	< .001
Age:scale PA volume <sup>2</sup>	0.00 [0.00, 0.00]	0.00	1.89	.125
Sleep regularity				
(Intercept)	0.14 [0.04, 0.24]	0.05	2.73	.007
Scale PA volume	0.33 [0.29, 0.38]	0.02	14.10	< .001
Age	0.01 [0.01, 0.01]	0.00	10.34	< .001
Scale PA volume <sup>2</sup>	-0.03 [-0.04, -0.02]	0.01	-5.73	< .001
Scale PA volume:age	0.00 [0.00, 0.00]	0.00	-0.33	.751
Age:scale PA volume <sup>2</sup>	0.00 [0.00, 0.00]	0.00	-1.80	.147

*Note.* Adjusted for SES, BMI, and sex.



Table 3

*Sleep on physical activity intensity controlling for SES, gender and BMI*

Term	$\beta$ [95% CI]	SE	t	p
Sleep duration				
(Intercept)	0.58 [0.47, 0.69]	0.06	10.45	< .001
Scale PA intensity	0.10 [0.04, 0.15]	0.03	3.39	.002
Age	-0.01 [-0.01, -0.01]	0.00	-12.17	< .001
Scale PA intensity <sup>2</sup>	-0.01 [-0.04, 0.03]	0.02	-0.35	.726
Scale PA intensity:age	0.00 [0.00, 0.00]	0.00	-1.83	.094
Age:scale PA intensity <sup>2</sup>	0.00 [0.00, 0.00]	0.00	-0.33	.740
Sleep efficiency				
(Intercept)	-0.37 [-0.48, -0.26]	0.06	-6.71	< .001
Scale PA intensity	0.07 [0.01, 0.12]	0.03	2.19	.050
Age	0.01 [0.01, 0.01]	0.00	17.17	< .001
Scale PA intensity <sup>2</sup>	0.02 [-0.02, 0.06]	0.02	0.78	.464
Scale PA intensity:age	0.00 [0.00, 0.00]	0.00	-2.06	.048
Age:scale PA intensity <sup>2</sup>	0.00 [0.00, 0.00]	0.00	-1.56	.145
Sleep onset				
(Intercept)	-0.93 [-1.02, -0.84]	0.05	-19.80	< .001
Scale PA intensity	-0.05 [-0.09, -0.01]	0.02	-2.66	.008
Age	0.02 [0.01, 0.02]	0.00	26.44	< .001
Scale PA intensity <sup>2</sup>	-0.01 [-0.03, 0.02]	0.01	-0.48	.634
Scale PA intensity:age	0.00 [0.00, 0.00]	0.00	0.19	.848
Age:scale PA intensity <sup>2</sup>	0.00 [0.00, 0.00]	0.00	1.22	.236
Sleep regularity				
(Intercept)	0.04 [-0.07, 0.14]	0.05	0.73	.466
Scale PA intensity	0.28 [0.23, 0.34]	0.03	9.70	< .001
Age	0.01 [0.01, 0.01]	0.00	11.57	< .001
Scale PA intensity <sup>2</sup>	-0.05 [-0.08, -0.02]	0.01	-3.58	< .001
Scale PA intensity:age	0.00 [0.00, 0.00]	0.00	-5.24	< .001
Age:scale PA intensity <sup>2</sup>	0.00 [0.00, 0.00]	0.00	1.09	.288

*Note.* Adjusted for SES, BMI, and sex.

Table 4

*Physical activity by sleep duration controlling for SES, gender and BMI*

Term	$\beta$ [95% CI]	SE	t	p
PA volume				
(Intercept)	0.39 [0.27, 0.50]	0.06	6.72	< .001
Scale sleep duration lag	0.02 [-0.01, 0.05]	0.02	1.09	.302
Age	-0.01 [-0.01, -0.01]	0.00	-11.64	< .001
Scale sleep duration lag <sup>2</sup>	-0.01 [-0.03, 0.00]	0.01	-2.15	.058
Scale sleep duration lag:age	0.00 [0.00, 0.00]	0.00	-1.74	.090
Age:scale sleep duration lag <sup>2</sup>	0.00 [0.00, 0.00]	0.00	0.32	.749
PA intensity				
(Intercept)	1.00 [0.91, 1.08]	0.04	22.79	< .001
Scale sleep duration lag	0.01 [-0.02, 0.04]	0.01	0.73	.490
Age	-0.02 [-0.02, -0.02]	0.00	-49.35	< .001
Scale sleep duration lag <sup>2</sup>	0.01 [0.00, 0.02]	0.01	1.13	.277
Scale sleep duration lag:age	0.00 [0.00, 0.00]	0.00	-0.07	.945
Age:scale sleep duration lag <sup>2</sup>	0.00 [0.00, 0.00]	0.00	-2.49	.013

*Note.* Adjusted for SES, BMI, and sex.

Table 5

*Physical activity by sleep efficiency controlling for SES, gender and BMI*

Term	$\beta$ [95% CI]	SE	t	p
PA volume				
(Intercept)	0.38 [0.25, 0.50]	0.06	5.96	< .001
Scale sleep efficiency lag	0.06 [0.02, 0.10]	0.02	3.28	.008
Age	-0.01 [-0.01, -0.01]	0.00	-12.55	< .001
Scale sleep efficiency lag <sup>2</sup>	0.01 [0.00, 0.01]	0.00	1.93	.054
Scale sleep efficiency lag:age	0.00 [0.00, 0.00]	0.00	-1.64	.137
Age:scale sleep efficiency lag <sup>2</sup>	0.00 [0.00, 0.00]	0.00	-0.96	.343
PA intensity				
(Intercept)	1.02 [0.93, 1.10]	0.04	23.69	< .001
Scale sleep efficiency lag	0.05 [0.03, 0.08]	0.01	3.85	< .001
Age	-0.02 [-0.02, -0.02]	0.00	-53.82	< .001
Scale sleep efficiency lag <sup>2</sup>	0.01 [0.00, 0.02]	0.00	2.62	.018
Scale sleep efficiency lag:age	0.00 [0.00, 0.00]	0.00	-1.81	.090
Age:scale sleep efficiency lag <sup>2</sup>	0.00 [0.00, 0.00]	0.00	-1.73	.090

*Note.* Adjusted for SES, BMI, and sex.

Table 6

*Physical activity by sleep onset controlling for SES, gender and BMI*

Term	$\beta$ [95% CI]	SE	t	p
PA volume				
(Intercept)	0.43 [0.31, 0.54]	0.06	7.42	< .001
Scale sleep onset lag	0.03 [-0.01, 0.07]	0.02	1.62	.118
Age	-0.01 [-0.01, -0.01]	0.00	-10.74	< .001
Scale sleep onset lag <sup>2</sup>	-0.05 [-0.08, -0.01]	0.02	-2.79	.057
Scale sleep onset lag:age	0.00 [0.00, 0.00]	0.00	-1.29	.250
Age:scale sleep onset lag <sup>2</sup>	0.00 [0.00, 0.00]	0.00	2.04	.095
PA intensity				
(Intercept)	1.05 [0.95, 1.15]	0.05	20.40	< .001
Scale sleep onset lag	0.02 [-0.01, 0.06]	0.02	1.25	.243
Age	-0.02 [-0.02, -0.02]	0.00	-44.49	< .001
Scale sleep onset lag <sup>2</sup>	-0.02 [-0.04, 0.01]	0.01	-1.38	.211
Scale sleep onset lag:age	0.00 [0.00, 0.00]	0.00	-0.55	.585
Age:scale sleep onset lag <sup>2</sup>	0.00 [0.00, 0.00]	0.00	0.82	.426

*Note.* Adjusted for SES, BMI, and sex.

Table 7

*Physical activity by sleep regularity controlling for SES, gender and BMI*

Term	$\beta$ [95% CI]	SE	t	p
PA volume				
(Intercept)	0.33 [0.21, 0.45]	0.06	5.37	< .001
Scale sleep regularity lag	0.21 [0.18, 0.23]	0.01	15.61	< .001
Age	-0.01 [-0.01, -0.01]	0.00	-13.58	< .001
Scale sleep regularity lag <sup>2</sup>	0.02 [0.01, 0.04]	0.01	2.55	.037
Scale sleep regularity lag:age	0.00 [0.00, 0.00]	0.00	-5.33	.001
Age:scale sleep regularity lag <sup>2</sup>	0.00 [0.00, 0.00]	0.00	-1.01	.363
PA intensity				
(Intercept)	1.01 [0.92, 1.09]	0.04	22.99	< .001
Scale sleep regularity lag	0.12 [0.09, 0.14]	0.01	10.06	< .001
Age	-0.02 [-0.02, -0.02]	0.00	-52.55	< .001
Scale sleep regularity lag <sup>2</sup>	0.00 [-0.01, 0.01]	0.01	0.17	.869
Scale sleep regularity lag:age	0.00 [0.00, 0.00]	0.00	-4.34	< .001
Age:scale sleep regularity lag <sup>2</sup>	0.00 [0.00, 0.00]	0.00	0.02	.982

*Note.* Adjusted for SES, BMI, and sex.

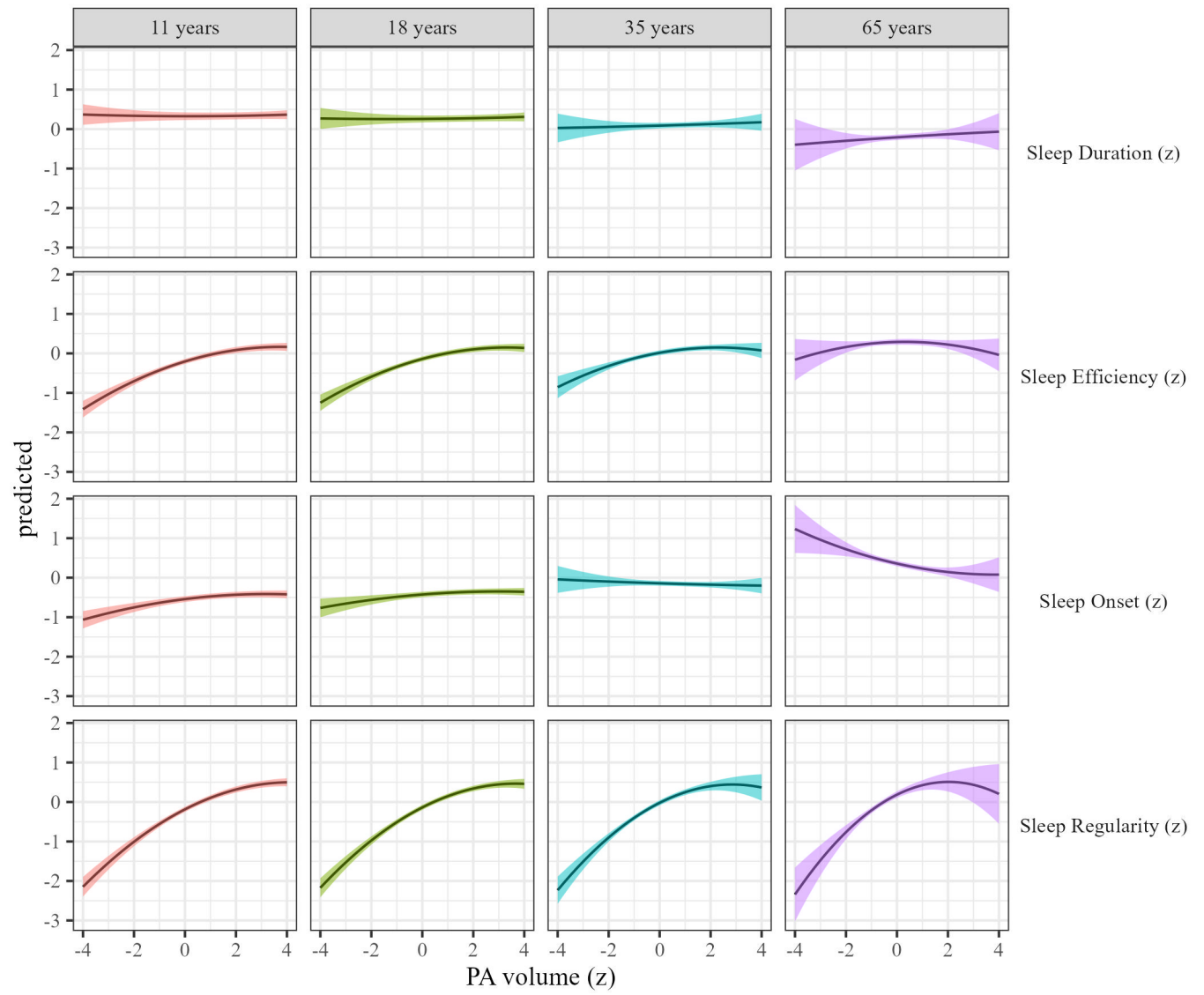


Figure 1. Sleep metrics on Physical activity volume

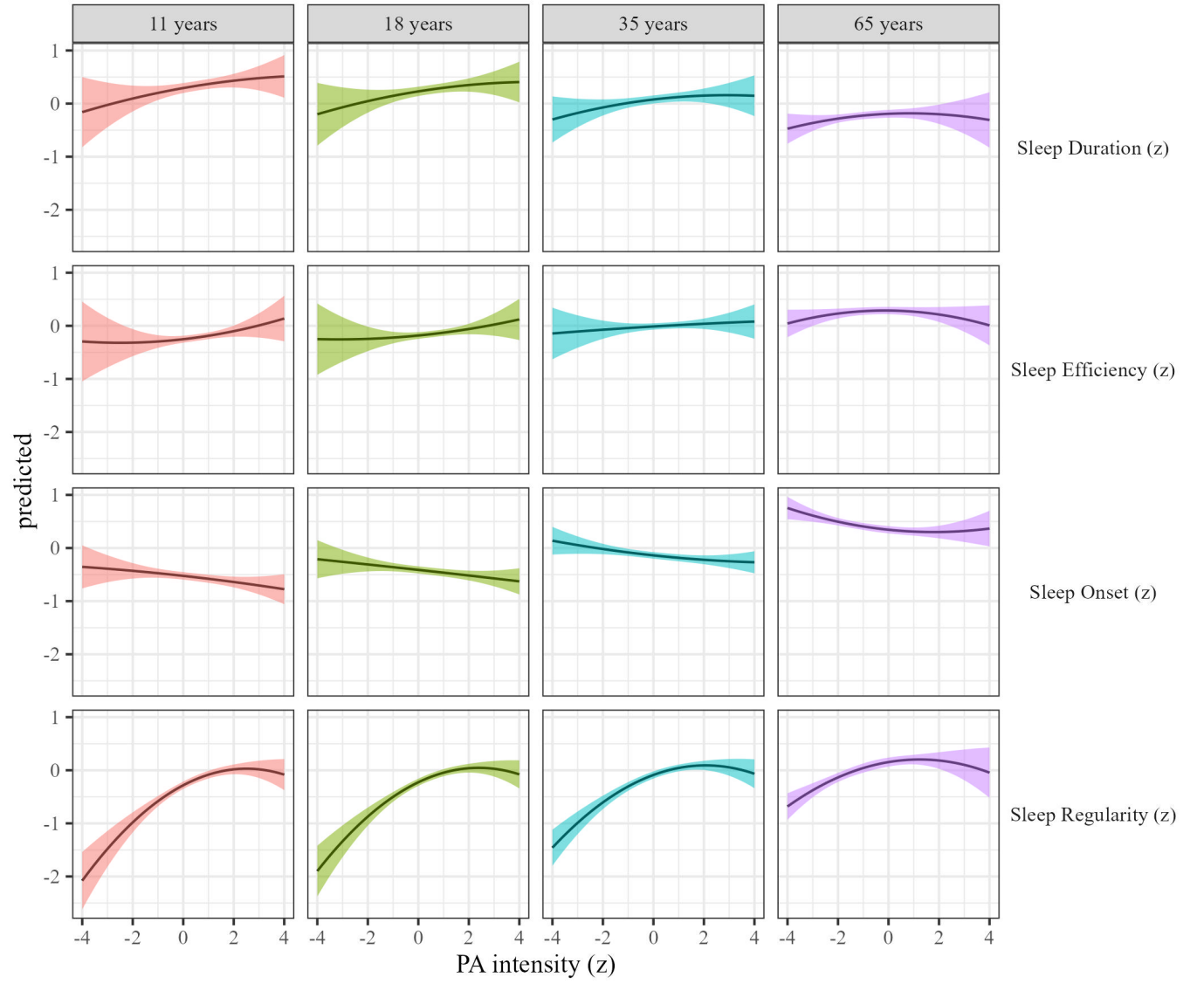


Figure 2. Sleep metrics on Physical activity intensity

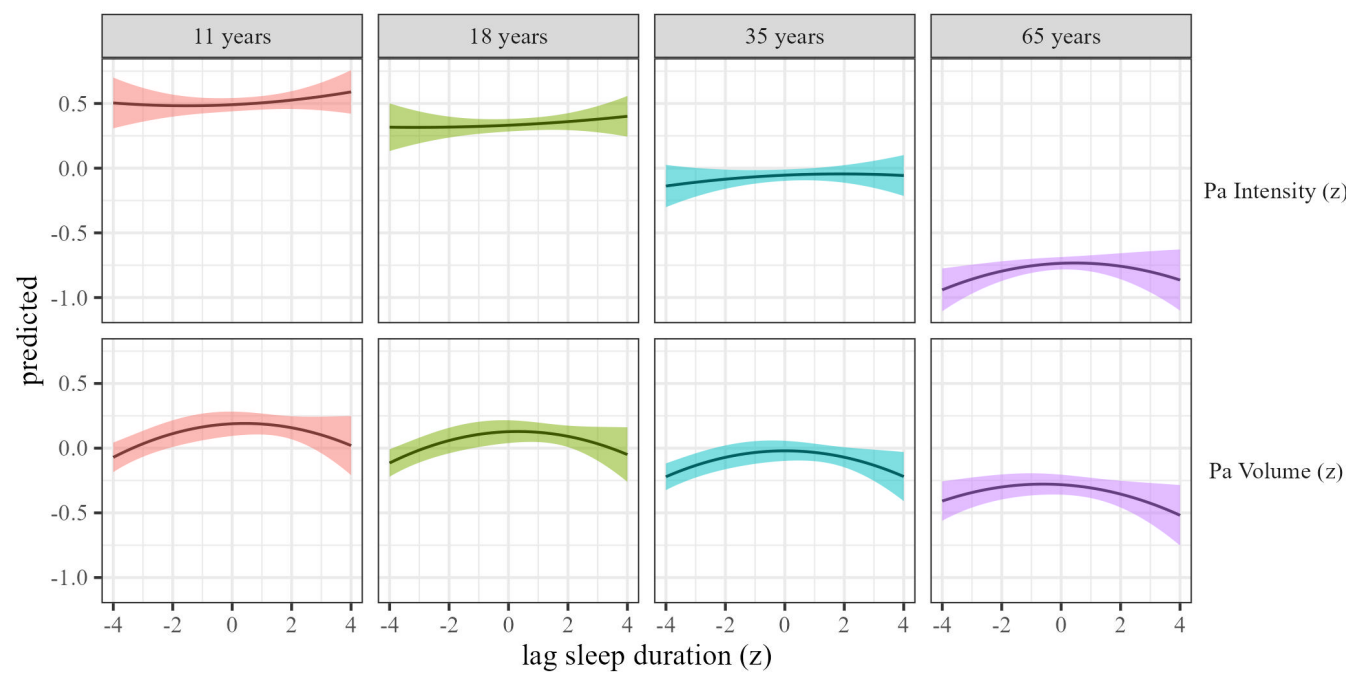


Figure 3. Physical activty by sleep duration

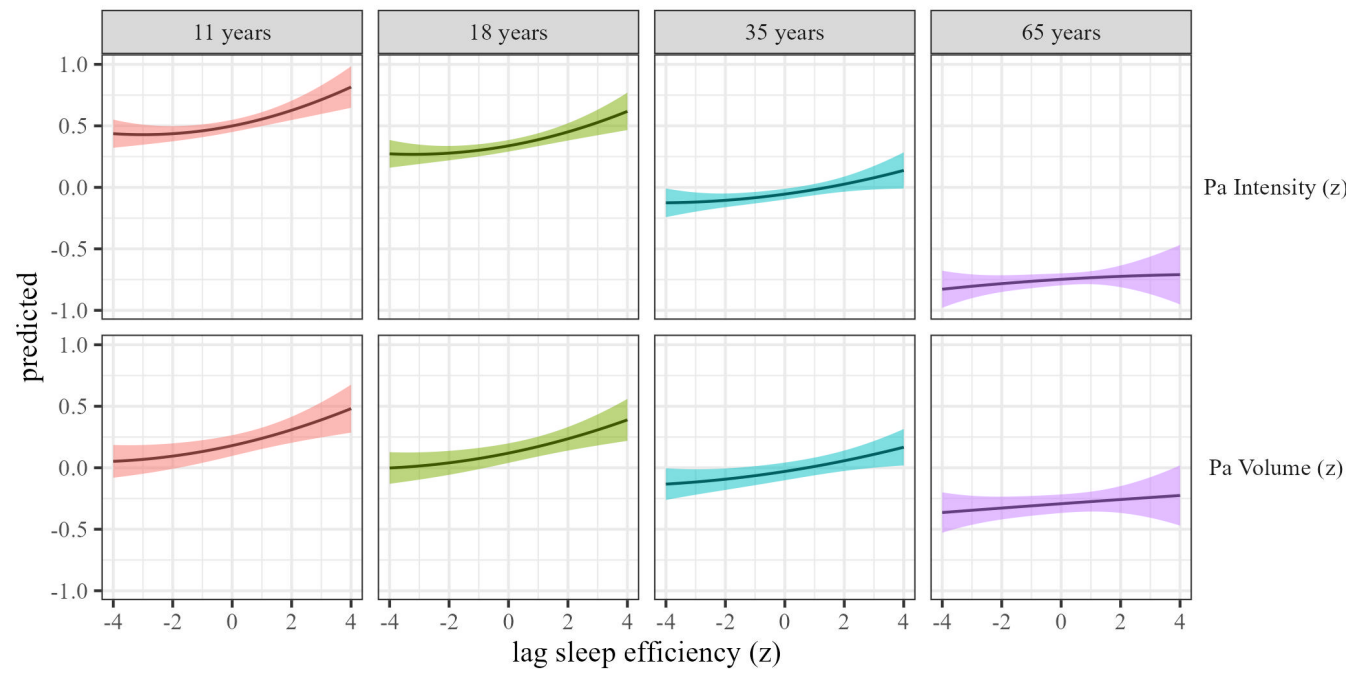


Figure 4. Physical activty by sleep efficiency



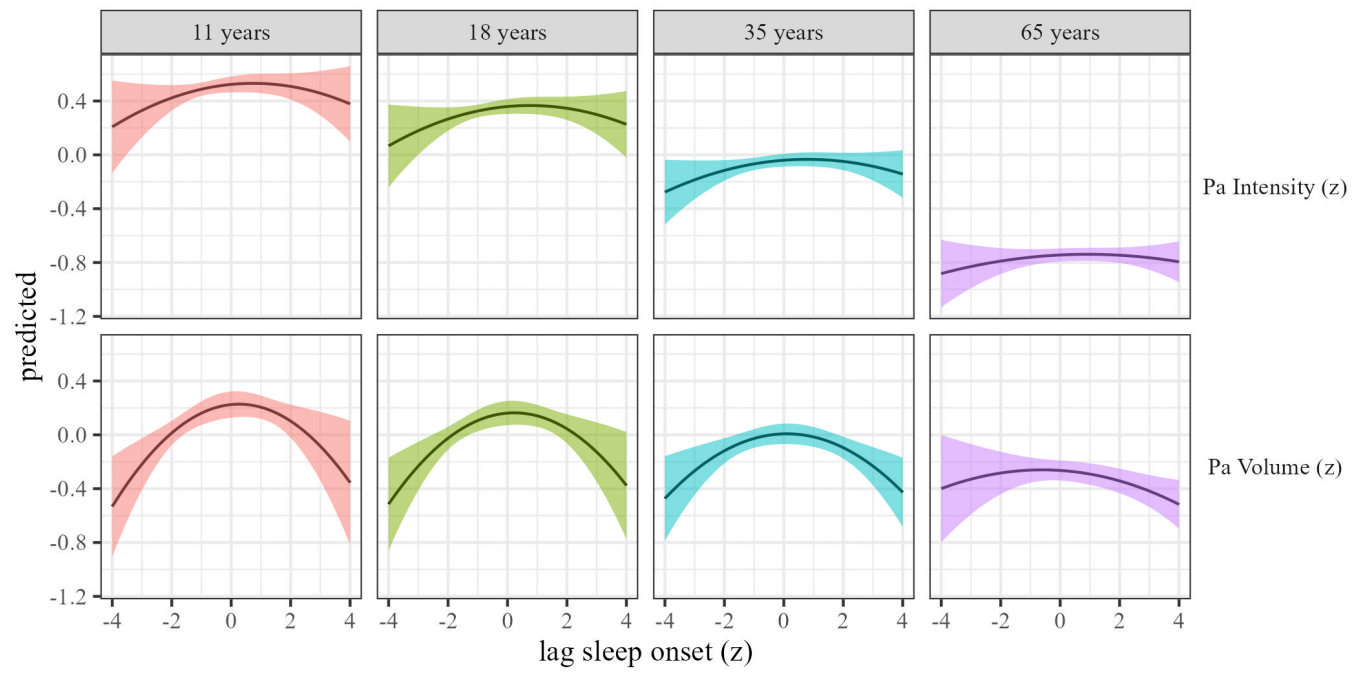


Figure 5. Physical activity by sleep onset

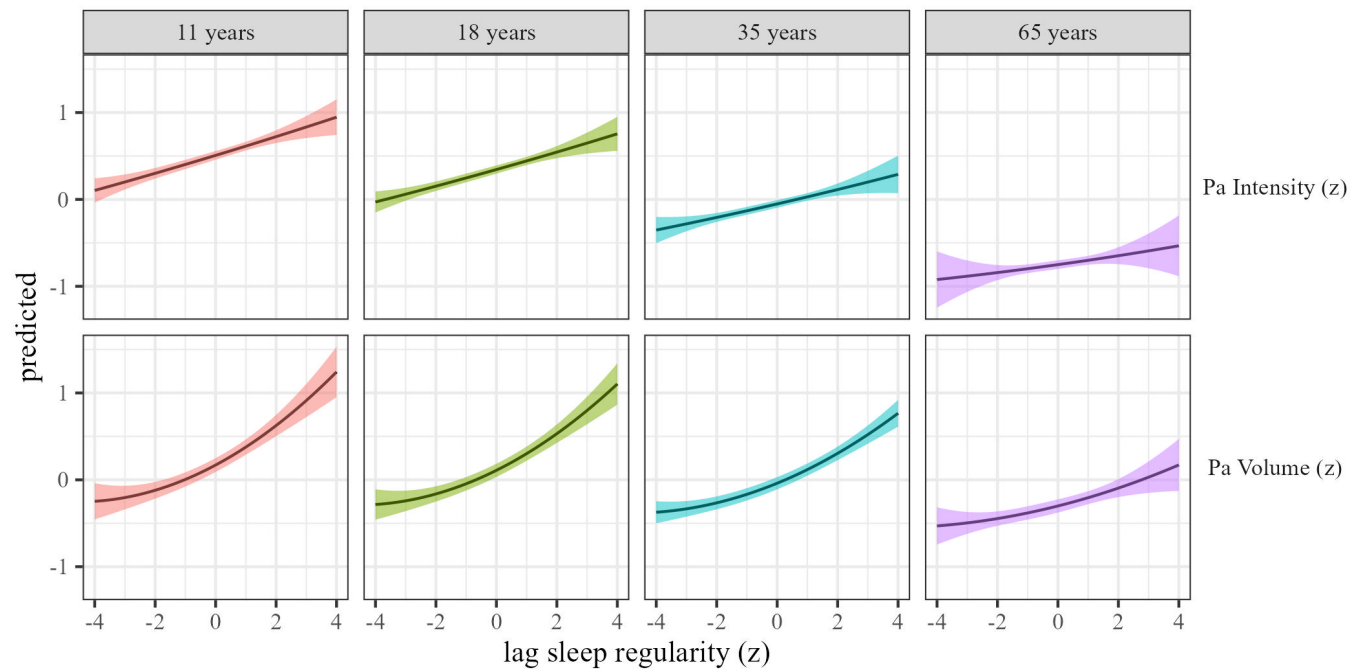


Figure 6. Physical activity by sleep regularity