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First Author¹ & Ernst-August Doelle^{1,2}

¹ Wilhelm-Wundt-University

² Konstanz Business School

Author Note

Add complete departmental affiliations for each author here. Each new line herein must be indented, like this line.

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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.

Correspondence concerning this article should be addressed to First Author, Postal address. E-mail: my@email.com

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. Observations were not uniform across the days of the week $\chi^2_{(6)} = 108.75$, $p < .001$. There were fewer observations on Monday ($z = -8.92$) and Sunday ($z = -3.54$); and more on Wednesday ($z = 4.00$). 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 relationship 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 2 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 3 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 3 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 3 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 3 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 wear time 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					

Table 1 continued

Characteristic	Age group				
	2-11 years	12-18 years	19-35 years	36-65 years	66+ years
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%)
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

Physical activity predicting sleep controlling for SES, sex, and BMI.

Term	Physical Activity Volume			Physical Activity Intensity				
	β [95% CI]	SE	t	p	β [95% CI]	SE	t	p
Sleep duration								
(Intercept)	0.45 [0.14, 0.76]	0.16	2.85	.024	0.48 [0.01, 0.96]	0.24	2.01	.141
Physical activity	0.21 [0.13, 0.30]	0.04	5.04	.014	0.05 [-0.35, 0.45]	0.20	0.24	.833
Age	0.00 [-0.01, 0.00]	0.00	-1.46	.148	0.00 [-0.01, 0.00]	0.00	-1.46	.165
Physical activity ²	-0.03 [-0.04, -0.02]	0.01	-4.51	.001	0.04 [0.00, 0.08]	0.02	1.91	.110
Physical activity \times age	0.00 [0.00, 0.00]	0.00	-2.01	.122	0.00 [0.00, 0.00]	0.00	0.30	.789
Age \times Physical activity ²	0.00 [0.00, 0.00]	0.00	2.42	.035	0.00 [0.00, 0.00]	0.00	-0.57	.605
Sleep efficiency								
(Intercept)	0.09 [-0.13, 0.32]	0.12	0.81	.426	0.18 [-0.22, 0.58]	0.20	0.89	.426
Physical activity	0.19 [-0.24, 0.62]	0.22	0.85	.485	-0.04 [-0.38, 0.30]	0.17	-0.22	.844
Age	0.00 [0.00, 0.01]	0.00	1.22	.282	0.00 [0.00, 0.01]	0.00	1.45	.153
Physical activity ²	-0.03 [-0.09, 0.02]	0.03	-1.15	.363	0.01 [-0.08, 0.11]	0.05	0.29	.795
Physical activity \times age	0.00 [-0.01, 0.00]	0.00	-1.16	.361	0.00 [-0.01, 0.01]	0.00	0.01	.993
Age \times Physical activity ²	0.00 [0.00, 0.00]	0.00	1.90	.118	0.00 [0.00, 0.00]	0.00	-1.12	.329
Sleep onset								
(Intercept)	-0.18 [-0.47, 0.10]	0.15	-1.25	.217	-0.19 [-0.54, 0.17]	0.18	-1.03	.321
Physical activity	0.35 [-0.33, 1.02]	0.34	1.01	.425	0.14 [-0.16, 0.44]	0.15	0.92	.454
Age	0.00 [0.00, 0.01]	0.00	0.68	.540	0.00 [0.00, 0.01]	0.00	0.74	.496
Physical activity ²	-0.05 [-0.14, 0.04]	0.04	-1.18	.361	0.03 [-0.11, 0.17]	0.07	0.47	.684
Physical activity \times age	-0.01 [-0.01, 0.00]	0.00	-1.57	.257	0.00 [-0.01, 0.00]	0.00	-0.91	.456
Age \times Physical activity ²	0.00 [0.00, 0.00]	0.00	1.75	.211	0.00 [0.00, 0.00]	0.00	-0.35	.754
Sleep regularity								

Table 2 continued

Term	Physical Activity Volume				Physical Activity Intensity			
	β [95% CI]	SE	t	p	β [95% CI]	SE	t	p
(Intercept)	0.22 [-0.29, 0.72]	0.26	0.84	.461	0.27 [-0.25, 0.80]	0.27	1.02	.382
Physical activity	0.01 [-0.22, 0.24]	0.12	0.09	.933	0.14 [0.07, 0.20]	0.03	4.07	.013
Age	0.00 [0.00, 0.00]	0.00	0.15	.880	0.00 [-0.01, 0.00]	0.00	-0.42	.686
Physical activity ²	0.00 [-0.04, 0.04]	0.02	-0.01	.994	-0.06 [-0.24, 0.12]	0.09	-0.69	.559
Physical activity \times age	0.00 [0.00, 0.01]	0.00	1.63	.227	0.00 [0.00, 0.00]	0.00	-3.86	.002
Age \times Physical activity ²	0.00 [0.00, 0.00]	0.00	-2.56	.090	0.00 [0.00, 0.00]	0.00	0.38	.736

Note. Adjusted for SES, sex, and BMI. Outcomes variables are listed in the column headers.

Table 3

Sleep predicting physical activity controlling for SES, sex, and BMI

Term	Physical Activity Volume				Physical Activity Intensity			
	β [95% CI]	SE	t	p	β [95% CI]	SE	t	p
Sleep duration								
(Intercept)	1.42 [0.89, 1.94]	0.27	5.25	.003	1.05 [0.53, 1.57]	0.27	3.95	.034
Sleep duration	-0.02 [-0.05, 0.01]	0.01	-1.45	.151	-0.01 [-0.03, 0.01]	0.01	-0.77	.446
Age	-0.02 [-0.02, -0.01]	0.00	-7.95	< .001	-0.02 [-0.02, -0.01]	0.00	-8.07	< .001
Sleep duration ²	0.04 [0.02, 0.06]	0.01	4.68	.001	-0.01 [-0.15, 0.12]	0.07	-0.20	.862
Sleep duration \times age	0.00 [0.00, 0.00]	0.00	0.20	.851	0.00 [0.00, 0.00]	0.00	0.92	.409
Age \times Sleep duration ²	0.00 [0.00, 0.00]	0.00	-4.86	< .001	0.00 [0.00, 0.00]	0.00	-0.09	.936
Sleep efficiency								
(Intercept)	1.45 [0.93, 1.98]	0.27	5.46	.002	1.04 [0.44, 1.63]	0.30	3.41	.054
Sleep efficiency	0.00 [-0.06, 0.07]	0.03	0.12	.910	-0.01 [-0.15, 0.13]	0.07	-0.19	.868
Age	-0.02 [-0.02, -0.01]	0.00	-8.05	< .001	-0.02 [-0.02, -0.01]	0.00	-10.83	< .001
Sleep efficiency ²	0.01 [-0.01, 0.02]	0.01	1.17	.282	0.00 [-0.04, 0.05]	0.02	0.02	.986
Sleep efficiency \times age	0.00 [0.00, 0.00]	0.00	0.43	.690	0.00 [0.00, 0.00]	0.00	0.37	.743
Age \times Sleep efficiency ²	0.00 [0.00, 0.00]	0.00	-1.15	.258	0.00 [0.00, 0.00]	0.00	-0.13	.904
Sleep onset								
(Intercept)	1.46 [0.91, 2.01]	0.28	5.21	.004	1.04 [0.45, 1.64]	0.30	3.44	.053
Sleep onset	-0.04 [-0.12, 0.04]	0.04	-1.09	.345	0.00 [-0.05, 0.05]	0.03	-0.06	.954
Age	-0.02 [-0.02, -0.01]	0.00	-8.21	< .001	-0.02 [-0.02, -0.01]	0.00	-11.66	< .001
Sleep onset ²	-0.02 [-0.08, 0.05]	0.03	-0.51	.648	-0.01 [-0.05, 0.03]	0.02	-0.32	.768
Sleep onset \times age	0.00 [0.00, 0.00]	0.00	0.29	.781	0.00 [0.00, 0.00]	0.00	-0.23	.815
Age \times Sleep onset ²	0.00 [0.00, 0.00]	0.00	0.43	.691	0.00 [0.00, 0.00]	0.00	0.55	.586
Sleep regularity								

Table 3 continued

Term	Physical Activity Volume				Physical Activity Intensity					
	β	[95% CI]	SE	t	p	β	[95% CI]	SE	t	p
(Intercept)	1.36	[0.84, 1.89]	0.27	5.10	.004	1.01	[0.48, 1.55]	0.27	3.70	.041
Sleep regularity	0.13	[0.05, 0.21]	0.04	3.13	.069	0.07	[-0.02, 0.16]	0.05	1.43	.278
Age	-0.02	[-0.02, -0.01]	0.00	-8.70	< .001	-0.02	[-0.02, -0.01]	0.00	-10.94	< .001
Sleep regularity ²	0.03	[-0.01, 0.07]	0.02	1.42	.259	0.00	[-0.05, 0.05]	0.03	0.05	.961
Sleep regularity \times age	0.00	[0.00, 0.00]	0.00	-1.71	.189	0.00	[0.00, 0.00]	0.00	-1.11	.366
Age \times Sleep regularity ²	0.00	[0.00, 0.00]	0.00	-0.39	.723	0.00	[0.00, 0.00]	0.00	0.08	.941

Note. Adjusted for SES, sex, and BMI. Outcomes variables are listed in the row headers.

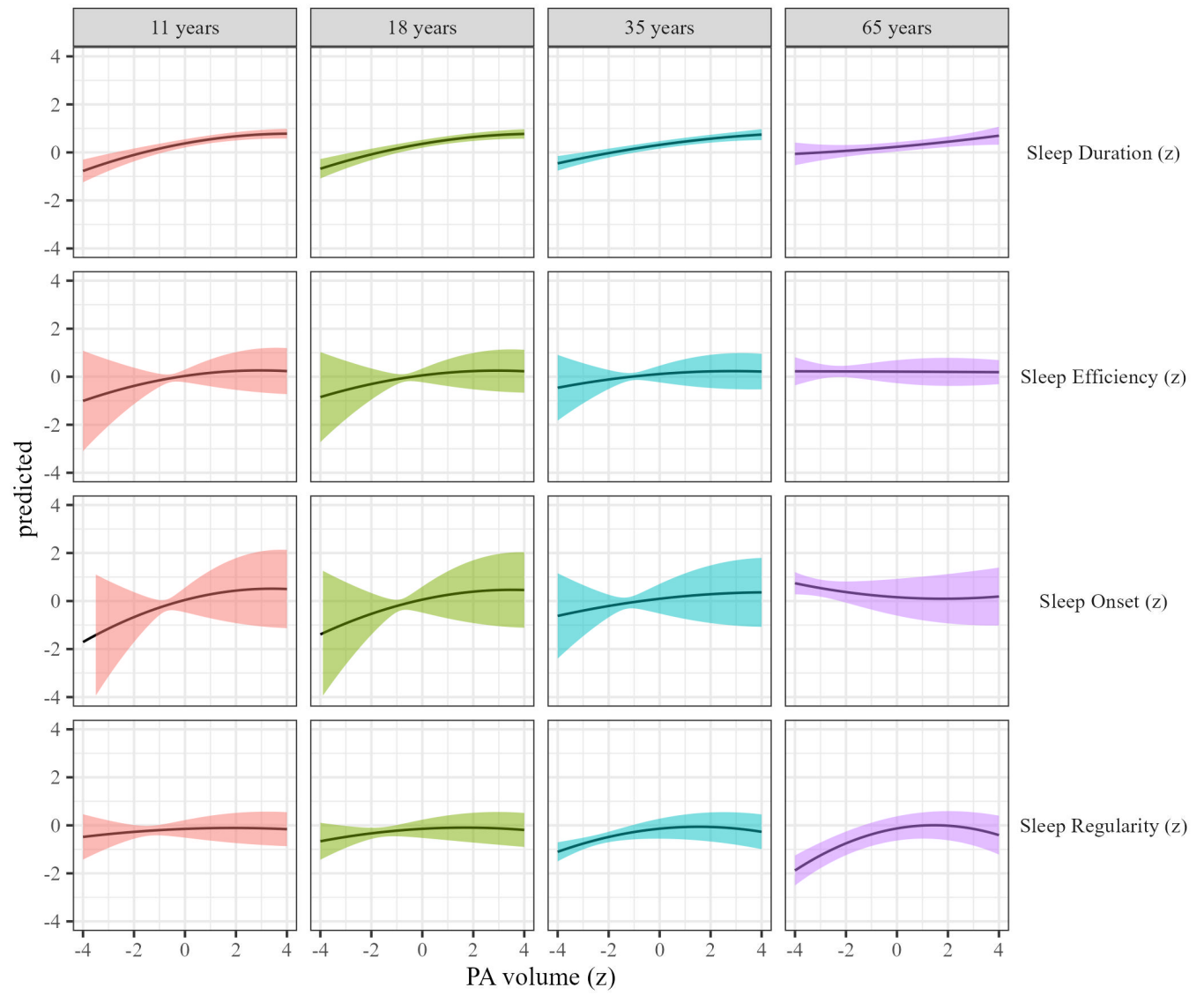


Figure 1. Sleep metrics on Physical activity volume

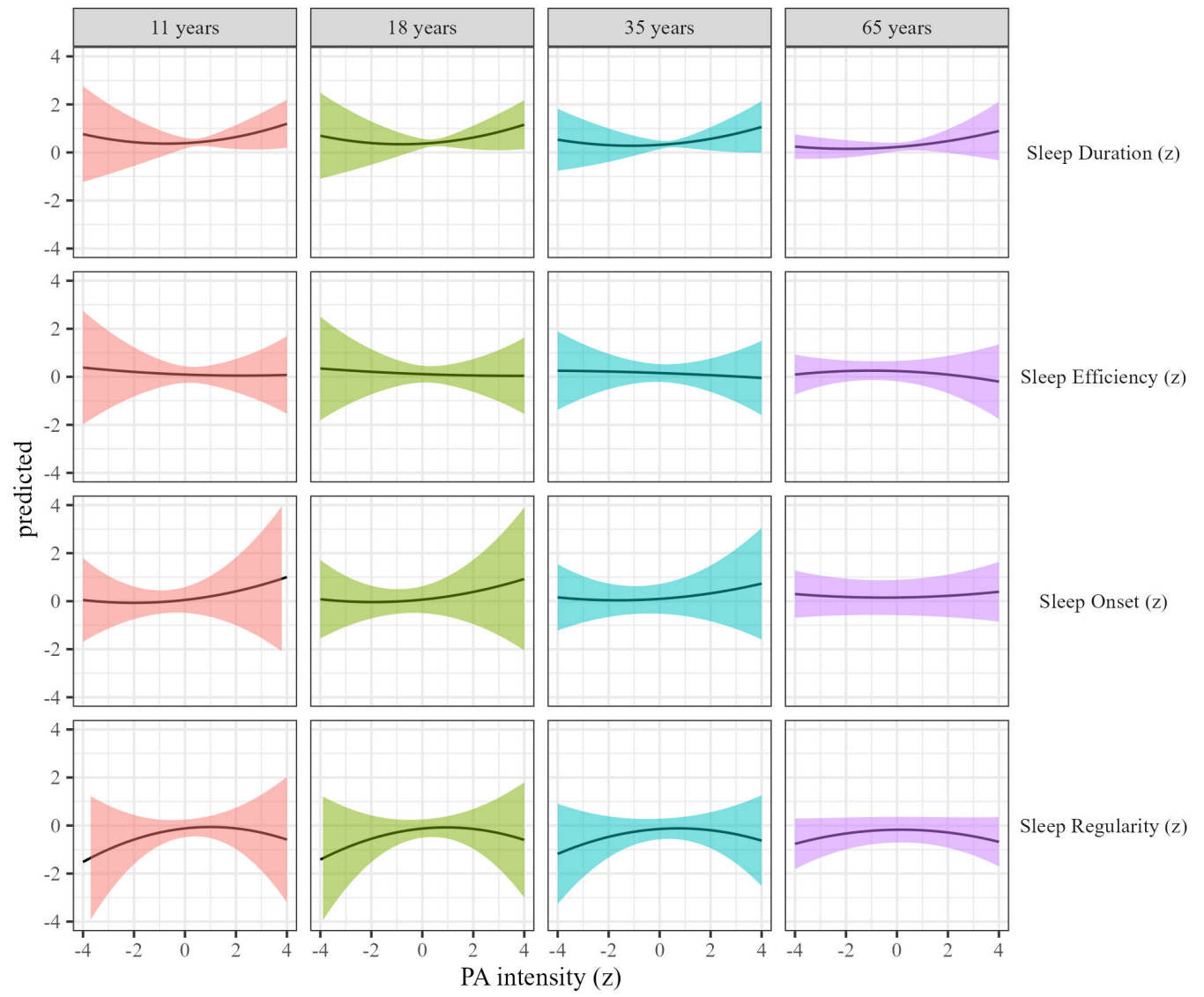


Figure 2. Sleep metrics on Physical activity intensity

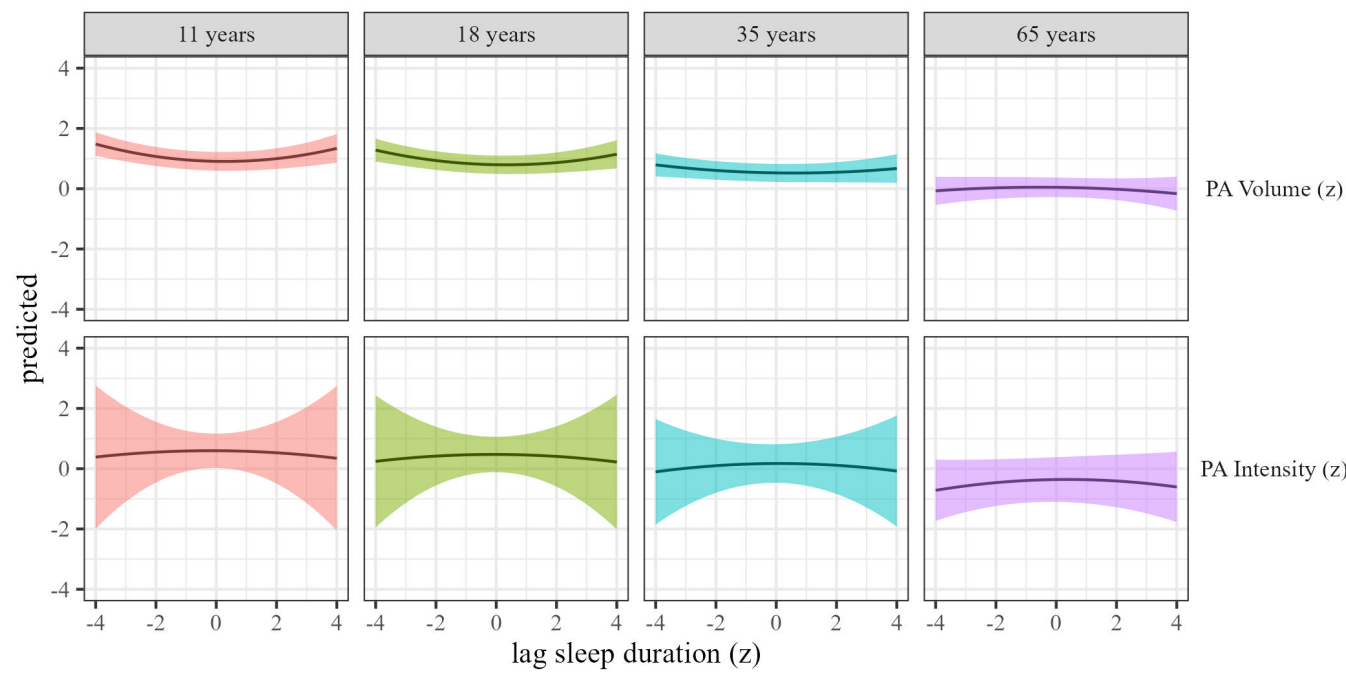


Figure 3. Physical activity by sleep duration

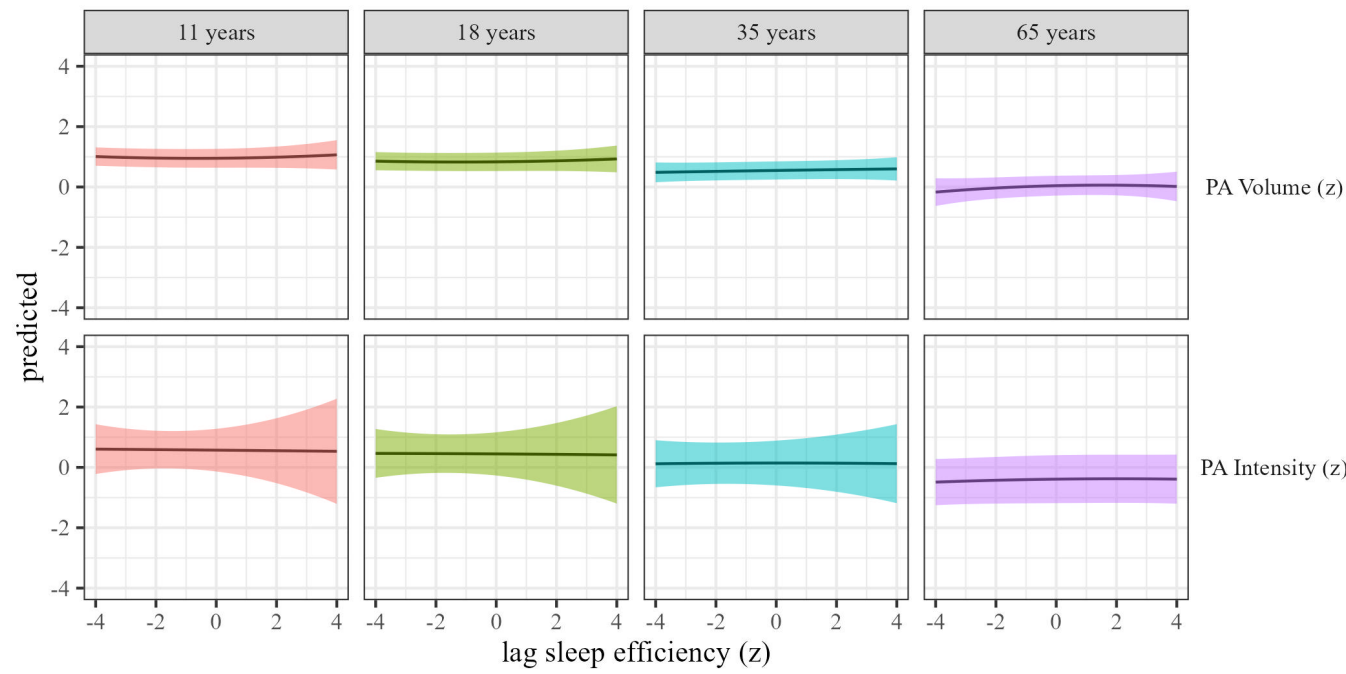


Figure 4. Physical activity by sleep efficiency

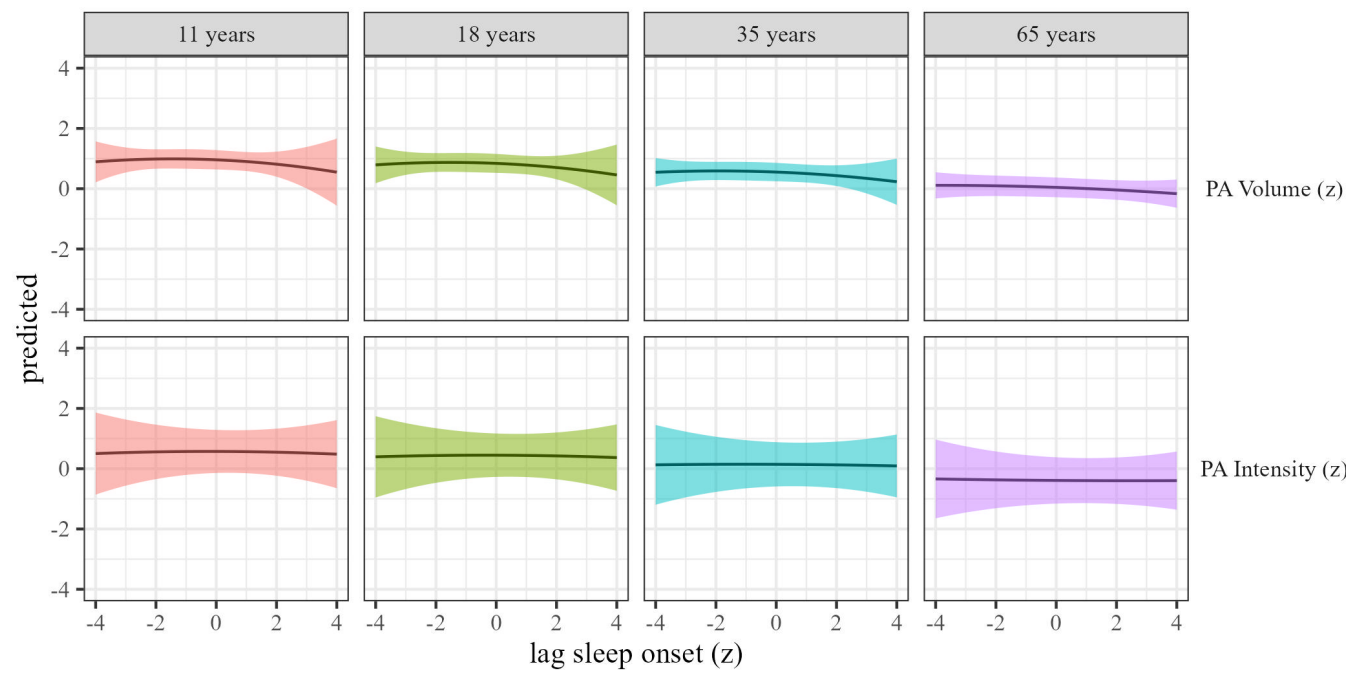


Figure 5. Physical activity by sleep onset

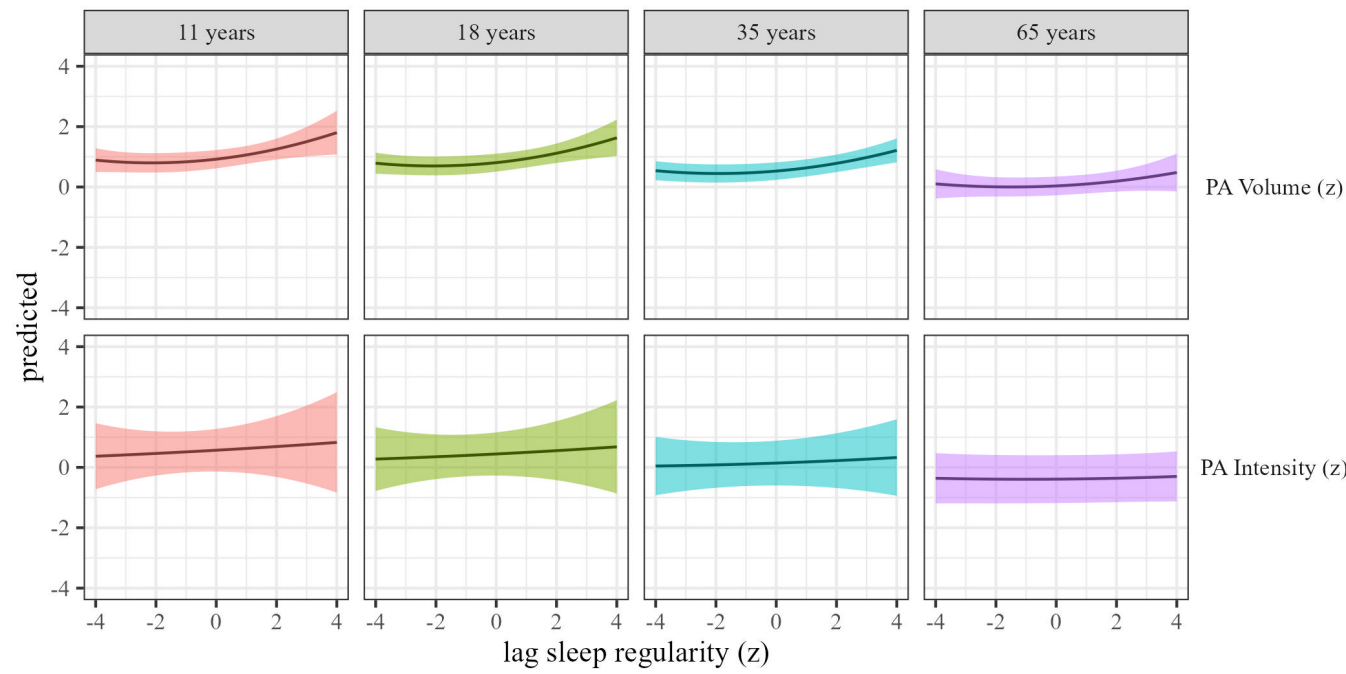


Figure 6. Physical activity by sleep regularity