ASSOCIATIONS BETWEEN THE LIVING ENVIRONMENT AND SLEEP THROUGH THE MEDIATION OF THE PHYSICAL ACTIVITY: A SYSTEMATIC REVIEW PROTOCOL



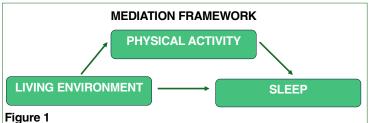


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OBJECTIVE

To obtain a comprehensive understanding of the role of physical activity as a mediator variable in the association between the living environment and sleep (*Figure 1*)

PRELIMINARY STEPS LITTERATURE SEARCH STUDY ELIGIBILITY STUDY SELECTION DATA EXTRACTION RESULTAS EXPECTED DURING 2025

MATERIALS AND METHODS

- Registration of the protocol on PROSPERO [ID: CRD42024580376]
- Analyze the PRISMA 2020 guidelines (followed throughout the process)
- On 3 databases: Medline (via Pubmed), Scopus and Embase
- Search equations: controlled language + free text
- Additional manual searches
- · Population: human regardless of age, gender and ethnicity
- Framework: mediation analysis
- Study design: observational and experimental studies
- Language: only English studies
- Importation of the studies on Covidence software
- · Duplicate removal
- · Performed independtly by 2 reviewers:
 - (1)Study selection based on titles and abstracts
 - (2)Study election based on full-texts
 - (3)Providing detailed reasons for study exclusion
- Performed independtly by 2 reviewers
- Methodological quality assessment thanks the Appraisal tools for use in JBI systematic reviews

CONCLUSION

Identifying elements of the living environment that influence sleep through the mediation of physical activity is essential for public authorities to develop effective strategies in public health, housing, and territory planning. Highlighting the role of physical activity in this association can guide targeted interventions to improve both sleep health and, more broadly, overall health status.