

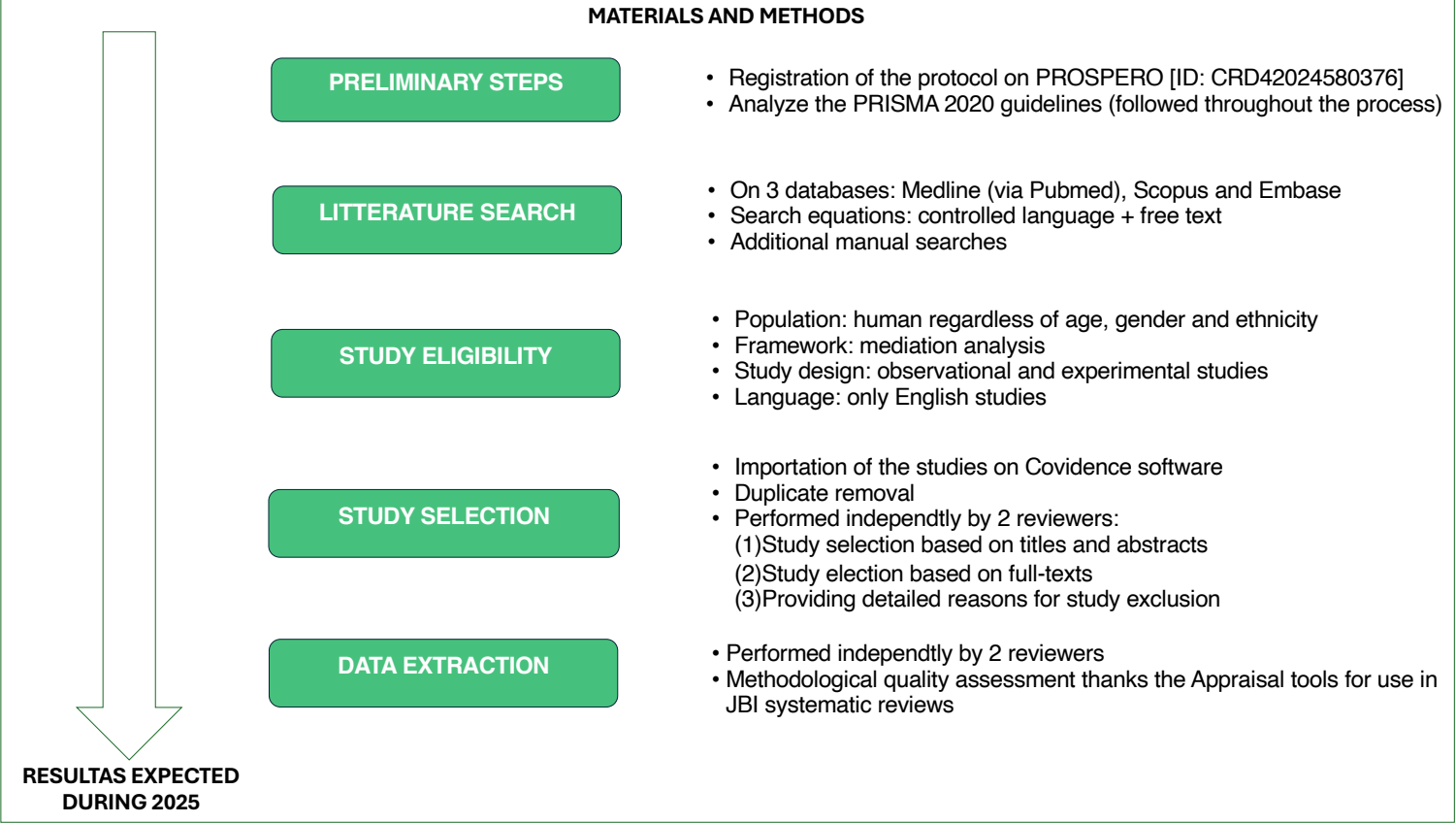
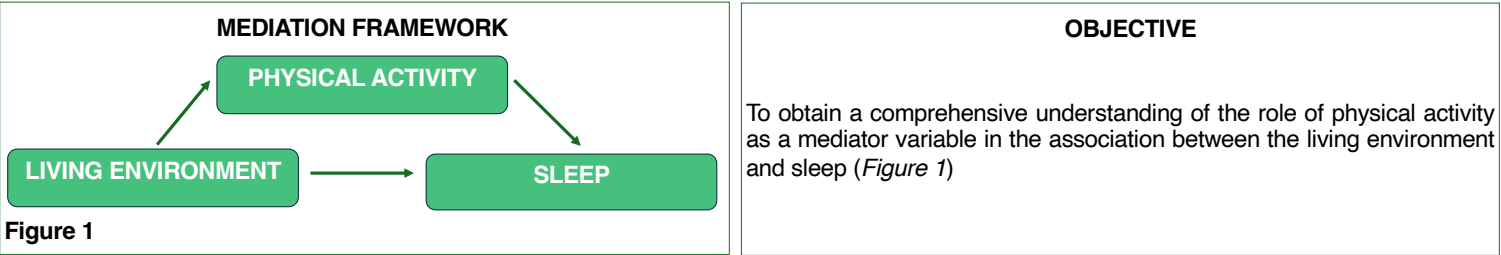
ASSOCIATIONS BETWEEN THE LIVING ENVIRONMENT AND SLEEP THROUGH THE MEDIATION OF THE PHYSICAL ACTIVITY: A SYSTEMATIC REVIEW PROTOCOL



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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.