

Table A.1.I. Sleep duration and quality and physical activity, children and adolescents

Questions: What is the association between **physical activity** and health-related outcomes? Is there a dose response association (volume, duration, frequency, intensity)?

Does the association vary by type or domain of PA?

Population: Children aged 5-under 18 years of age

Exposure: Greater volume, duration, frequency, or intensity of physical activity

Comparison: No physical activity or lesser volume, duration, frequency, or intensity of physical activity

Outcome: Sleep duration and quality

***Importance:** IMPORTANT

No GRADE Evidence Profiles from Australian 24-Hour Movement Guidelines for Children (5-12 years) and Young People (12-17 years)(26) and **no systematic reviews identified by WHO.**