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Associations between TV viewing, sitting time, physical activity and insomnia among 100,839 Brazilian adolescents

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**Highlights**

- Adolescents with higher TV viewing and sitting time were more likely to present insomnia. Moreover, a lower TV viewing (<1h) was also a risk factor for insomnia.
- A higher physical activity was a protective factor for insomnia, especially among boys
- More than 4h of TV watching was a risk factor for insomnia even among physically active adolescents.

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