## **Accepted Manuscript**

Title: High or increasing levels of physical activity protect women from future insomnia

Author: Søren Spörndly-Nees, Pernilla Åsenlöf, Eva Lindberg

PII: S1389-9457(16)30031-4

DOI: http://dx.doi.org/doi: 10.1016/j.sleep.2016.03.017

Reference: SLEEP 3052

To appear in: Sleep Medicine

Received date: 17-11-2015 Revised date: 16-3-2016 Accepted date: 17-3-2016



Please cite this article as: Søren Spörndly-Nees, Pernilla Åsenlöf, Eva Lindberg, High or increasing levels of physical activity protect women from future insomnia, *Sleep Medicine* (2016), http://dx.doi.org/doi: 10.1016/j.sleep.2016.03.017.

This is a PDF file of an unedited manuscript that has been accepted for publication. As a service to our customers we are providing this early version of the manuscript. The manuscript will undergo copyediting, typesetting, and review of the resulting proof before it is published in its final form. Please note that during the production process errors may be discovered which could affect the content, and all legal disclaimers that apply to the journal pertain.

# ACCEPTED MANUSCRIPT

### High or increasing levels of physical activity protect women from future insomnia

Søren Spörndly-Nees <sup>a,\*</sup>, Pernilla Åsenlöf <sup>a</sup>, Eva Lindberg <sup>b</sup>

<sup>a</sup> Department of Neuroscience, Physiotherapy, Uppsala University, Box 593, 75124 Uppsala,

Sweden

<sup>b</sup> Department of Medical Sciences, Respiratory, Allergy and Sleep Research, Uppsala

University, Uppsala, Sweden

#### ARTICLE INFO

Article history:

#### Received

Received in revised form

Accepted

Keywords:

Sleep disorder

Epidemiology

Public health

Physical activity

Risk factors

**Comment [KS1]:** JOURNAL MANAGER: Please add received, revised, and accepted dates.

1

## Download English Version:

# https://daneshyari.com/en/article/5643627

Download Persian Version:

https://daneshyari.com/article/5643627

<u>Daneshyari.com</u>