Accepted Manuscript

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PII: S1087-0792(15)00095-7

DOI: 10.1016/j.smrv.2015.07.004

Reference: YSMRV 899

To appear in: Sleep Medicine Reviews

Received Date: 2 November 2014

Revised Date: 3 July 2015

Accepted Date: 13 July 2015

Please cite this article as: Lang C, Kalak N, Brand S, Holsboer-Trachsler E, Pühse U, Gerber M, The relationship between physical activity and sleep from mid adolescence to early adulthood. A systematic review of methodological approaches and meta-analysis, *Sleep Medicine Reviews* (2015), doi: 10.1016/j.smrv.2015.07.004.

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The relationship between physical activity and sleep from mid adolescence to early adulthood. A systematic review of methodological approaches and meta-analysis

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<u>Acknowledgements:</u> We thank Nick Emler (Surrey, UK) and Flora Colledge (Basel, CH) for proofreading the manuscript. The authors declare no conflicts of interest.

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1

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