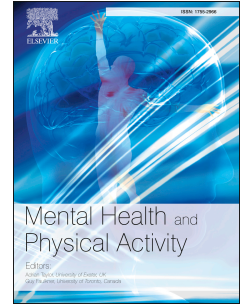


Accepted Manuscript

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PII: S1755-2966(17)30192-8

DOI: [10.1016/j.mhpa.2018.04.002](https://doi.org/10.1016/j.mhpa.2018.04.002)

Reference: MHPA 253

To appear in: *Mental Health and Physical Activity*

Received Date: 30 November 2017

Revised Date: 12 April 2018

Accepted Date: 12 April 2018

Please cite this article as: Štefan, L., Krističević, T., Sporiš, G., The associations of self-reported physical fitness and physical activity with sleep quality in young adults: A population-based study, *Mental Health and Physical Activity* (2018), doi: 10.1016/j.mhpa.2018.04.002.

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The associations of self-reported physical fitness and physical activity with sleep quality in young adults: a population-based study

Running title: Physical fitness, physical activity and sleep quality

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Competing interests: The authors declare no competing interests.

Funding: This paper was self-funded.

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