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## **TITLE: Research Progress in The Effect of Physical Activity on Sleep in Children**

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### **ABSTRACT (upto 300 words)**

Childhood is a crucial period for both physical growth and psychological development, and it is essential to engage in sufficient physical activity in order to promote healthy sleep. Unfortunately, due to the increasing prevalence of technology and electronic devices, physical activity levels are gradually declining, particularly among children. There is a large body of literature that indicates insufficient physical activity and sleep problems are associated with a range of health issues, including cardiovascular risks, obesity, wheezing, depression, anxiety, and more. As a result, the link between physical activity and sleep has become an area of growing interest for scholars. While numerous studies have examined the effects of physical activity on sleep in children, most of them are qualitative, and further research is necessary to investigate the quantitative relationship and mechanisms involved. Physical activity and sleep have a reciprocal influence on each other, and the interaction between the two is complex. This review discusses the specific effects of physical activity on sleep and the progress that has been made in exploring related mechanisms, offering a theoretical foundation for future developments in children's exercise and sleep health education.

### **BIOGRAPHY (upto 200 words)**

Sa Liu has completed her PHD from Shanghai Jiao Tong University, China. She is a lecturer of public health department of Hangzhou Medical College, China. She has 8 publications that have been cited from all over the world. Her research interest focuses on Child and adolescent health, especially in the field of sleep. She has been serving as an editorial board member of several reputed journals.

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**Mode of Presentation:** Poster.

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