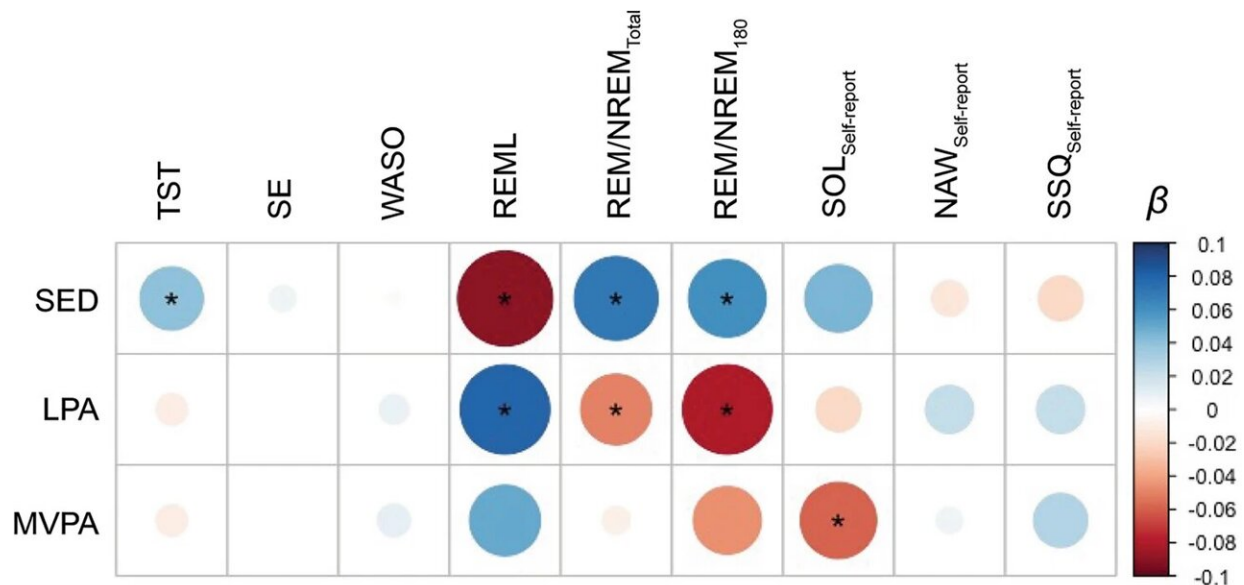


# Move more, sleep better: Study finds physical activity lengthens REM latency

April 1 2024, by Michael Wolman



Within-person associations between previous day physical activity and overnight sleep. *Beta* = Standardized beta coefficients from linear mixed models. \* Denotes significant after correcting for multiple comparisons (*p*)

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