



Health Impact of 24-Hour Movement Behaviour and Time Use

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Message from the Guest Editors

Dear Colleagues,

Across the 24-hour day, time spent in sleep, sedentary behaviour and physical activity have distinct health consequences; however, as time is finite, the effect of time use in one behaviour also depends on the time it displaced from another behaviour. The new challenge is to understand these interactions between time spent on different behaviours and to find the optimum composition of a day that is beneficial to health.

Advances in sensor technology and analytic methodologies now allow us to track and analyse the impact of 24-hour time-use and movement behaviour on health, and to rise to this challenge. This Special Issue welcomes cutting-edge articles on the relationship between 24-hour movement behaviour and health. Articles can report on significant methodological improvements and results of analysis of observational or experimental studies.

Dr. Sebastien Chastin
Guest Editor





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Message from the Editor-in-Chief

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