



Physical Activity, Sedentary Behaviour, and Sleep in Children

Guest Editor:

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Message from the Guest Editor

Movement behaviours, including physical activity, sedentary behaviour, and sleep, are associated with multiple physical, social, and cognitive outcomes in children. These behaviours are also interrelated and have combined effects on children's health and development. It is therefore important to understand how to best intervene to improve these behaviours to facilitate optimal health and development in children.

This Special Issue aims to bring together high-quality, multi-disciplinary research papers focusing on physical activity, sedentary behaviour, and sleep in the early years, middle childhood, and adolescence. Specifically, interventions targeting individual or a combination of these behaviours in various settings (homes, childcare settings, schools, or communities), as well as studies examining prevalence, patterns, correlates, and associations with health and developmental outcomes, are suitable for consideration in this Special Issue. Research using a cross-cultural approach or focusing on children from low- and middle-income countries is especially welcome.





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Message from the Editor-in-Chief

Addressing the environmental and public health challenges requires engagement and collaboration among clinicians and public health researchers. Scientific discoveries and advances in this research field play a critical role in providing a rational basis for informed decision-making toward control and prevention of human diseases, especially the illnesses that are induced from environmental exposure to health hazards.

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