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## **It's about time: implications of chronoactivity on health and disease**

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# **IT'S ABOUT TIME**

## Implications of Chronoactivity on Health and Disease

Gali Albalak

It's About Time: Implications of Chronoactivity on Health and Disease

PhD thesis, department of Internal Medicine, subdepartment of Gerontology and Geriatrics, Leiden University Medical Center, Leiden, The Netherlands.

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# **IT'S ABOUT TIME**

Implications of Chronoactivity on Health and Disease

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Voor mijn lieve Omi



*“Time is a social institution, not a physical reality. There is, in other words, no such thing as time in the natural world—the world of stars and waters and mountains and clouds and living organisms. There is such a thing as rhythm: rhythm of tides, rhythm of biological processes. In the natural physical world there is rhythm and there is motion. And time, then, obviously, is a way of measuring motion by comparing it with some sort of constant.”*

Alan Watts, 1967



# TABLE OF CONTENTS

<b>Chapter 1</b>	General introduction	11
------------------	----------------------	----

## **Part I – Chronoactivity and Cardiometabolic Health**

<b>Chapter 2</b>	Timing of objectively-collected physical activity in relation to body weight and metabolic health in sedentary older people: a cross-sectional and prospective analysis.	29
------------------	--	----

<b>Chapter 3</b>	Setting your clock: associations between timing of objective physical activity and cardiovascular disease risk in the general population.	55
------------------	---	----

## **Part II – Chronoactivity and Sleep Health**

<b>Chapter 4</b>	Older adults exercising ON TIME: protocol for a randomized controlled cross-over study to assess the effect of physical activity timing on insomnia severity.	89
------------------	---	----

<b>Chapter 5</b>	The effect of physical activity timing on insomnia and sleep quality: a randomized cross-over trial in older adults	115
------------------	---	-----

## **Part III – Chronoactivity and Mental Health**

<b>Chapter 6</b>	Association between device-based measured physical activity timing and depression risk: a prospective cohort study of UK Biobank participants.	143
------------------	--	-----

<b>Chapter 7</b>	The effect of morning versus evening physical activity on daily patterns of affectivity: evidence from a randomized cross-over trial in older adults with insomnia symptoms	175
------------------	---	-----

<b>Chapter 8</b>	General discussion	199
------------------	--------------------	-----

<b>Chapter 9</b>	Nederlandse samenvatting	218
	List of publications	223
	Dankwoord	225
	Curriculum vitae	227