

Physical Activity, Sleep, and Rest-Activity Circadian Rhythm: Interconnections for Well-being

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The interplay between physical activity, sleep, and circadian rhythms plays a crucial role in promoting overall well-being. These three elements are deeply interconnected, forming a dynamic system that influences both physical and mental health. Regular physical activity enhances sleep quality and duration by promoting deeper sleep stages and reducing sleep latency. At the same time, consistent sleep patterns and adequate rest support physical performance, recovery, and energy regulation.

Circadian rhythms, the body's natural internal clock, regulate daily cycles of sleep, activity, hormone release, and other physiological processes. When aligned with healthy behaviors such as daytime physical activity and nighttime sleep, circadian rhythms contribute to optimal metabolic function, cognitive performance, and emotional balance. Conversely, disruptions to this rhythm, caused by irregular sleep, sedentary lifestyles, or shift work, can increase the risk of chronic diseases, including obesity, diabetes, cardiovascular conditions, and mood disorders.

Emerging research highlights the bidirectional relationship between these domains. For instance, exercising at appropriate times of day can reinforce circadian alignment while circadian misalignment can impair exercise capacity and recovery. Promoting synchronized routines that include regular exercise, structured rest, and stable sleep schedules is essential for sustaining health and resilience.

In conclusion, integrating physical activity, sufficient rest, and circadian rhythm alignment forms a foundation for preventive health strategies and improved quality of life.

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