

# Effect of eight-week aerobic training on sleep quality and serum lipids in middle-aged women

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**Background and Aim:** It is well known that aerobic activity is effective on physical health, but information on the effect of aerobic exercise on sleep quality and lipid profiles of women is not complete and comprehensive. Therefore, the aim of this study was to investigate the effect of eight weeks aerobic training on quality Sleep accompanied by lipids in middle-aged women. **Methods:** The present study was an experimental one and the statistical population consisted of middle-aged women. Twenty middle-aged women (age  $45.8 \pm 4.5$  y, height  $176.7 \pm 3.2$  cm, and weight  $78.5 \pm 3.7$  kg) participated voluntarily in this study and divided into experimental and control groups. The experimental group performed 8 weeks of aerobic training, including running for 45 minutes and 65-75% heart rate maximum, three days a week. Before 8 weeks of training, the quality and quantity of sleep and lipid profiles including cholesterol, triglyceride, LDL, and HDL were evaluated. Inferential statistics (ANOVA 2 x 2) were used to compare changes in the variables studied before and after 8 weeks of training. **Results:** The results of data analysis showed that the sleep quality of the participants in the exercise was improved (p

**Keywords :** Key words: Women, lipid profiles, sleep status, physical activity

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