

MENTOR

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Acceptance Letter

The undersigned, Ph.D. Richar Posso Pacheco, Director of MENTOR, Journal of Educational and Sports Research, is pleased to inform you that, upon completion of the double-blind peer review process, the article entitled **“Relationship between Physical Exercise and Sleep Quality in Adults: A Literature Review”**, authored by **Bridd Angelo Reino Pineda**, has been **ACCEPTED** for publication on May 15, 2026, in Volume 5, Issue 14 of our journal.

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Ph.D. Richar Posso Pacheco

DIRECTOR

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