



Ethics Approval of Research

This is to certify that the research project entitled '**Effect of sleep deprivation at the beginning and end of the night on anaerobic and strength performance in the luteal and follicular phases of the menstrual cycle in active young females**' provided by **Mrs. Leila Ghazaleh** has been reviewed in Research Ethics Committee of Sport Sciences Research Institute and was approved according to compliance with *Ethical Standards in Research* of the Ministry of Science, Research and Technology, with the code **IR.SSRI.REC.1401.1563**

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