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Clinical Trials Study

Effects of mindful breathing combined with sleep-inducing exercises in patients with insomnia

mindful breathing combined with sleep-inducing exercises

Abstract

BACKGROUND

Insomnia is the most common sleep disorder. It disrupts the patient's life and work, increases the risk of various health issues, and often requires long-term intervention. The financial burden and inconvenience of treatments discourage patients from complying with them, leading to chronic insomnia.

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