

Name of Journal: *World Journal of Clinical Cases*

Manuscript NO: 67320

Manuscript Type: ORIGINAL ARTICLE

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.

Match Overview

1	Internet 14 words crawled on 20-Jul-2020 www.pubfacts.com	<1%
2	Internet 12 words crawled on 26-May-2021 www.jmir.org	<1%



ALL

IMAGES

VIDEOS

11,900 Results

Any time ▾

Chinese Clinical Trial Register (ChiCTR) - The world ...

<https://www.chictr.org.cn/showprojen.aspx?proj=131839> ▾

Aug 12, 2021 · **Effects of mindful breathing combined with sleep-inducing exercises in patients with insomnia** . 研究课题代号(代码): Study subject ID: 在二级注册机构或其它机构的注册号: The registration number of the Partner Registry or other register:

(PDF) Effects of Mindfulness Training on Sleep Problems in ...

<https://www.researchgate.net/publication/326426953...>

Jul 16, 2018 · Given the role of **sleep problems** in the pathogenesis of FMS, and given that **mindfulness** has been shown to improve **sleep problems** in other clinical ...

Estimated Reading Time: 5 mins

People also ask

Are there any mindfulness exercises that help you sleep?



How does mindfulness help with insomnia at night?



What are the benefits of mindful breathing exercises?



Which is better for sleep, meditation or mindfulness?

