

# Certificate of Biostatistics

22 February 2021

To whom it may concern,

Title of Study: Effects of mindfulness-based intervention programs on sleep among people with common mental disorders: A systematic review and meta-analysis

Chief investigator: Dr. Sunny Chan, Department of Rehabilitation Sciences,  
The Hong Kong Polytechnic University, Hong Kong

This letter is to confirm that I have read the manuscript, and that in my opinion the statistical methods and techniques mentioned are appropriate for the research.

Sincerely,



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