

Search Strategy

Mind Body Therapies OR Mind-Body Therapy OR Therapies, Mind-Body OR
Therapy, Mind-Body OR Mind-Body Medicine OR Mind Body Medicine OR mind
body OR Mindfulness OR mindfulness-based stress reduction (MBSR) OR
mindfulness-based cognitive therapy (MBCT) OR Vipassanā OR Meditation OR
Transcendental Meditation OR Meditation, Transcendental OR Yoga OR Tai Ji OR
Tai-ji OR Tai Chi OR Chi, Tai OR Tai Ji Quan OR Ji Quan, Tai OR Quan, Tai Ji OR
Taiji OR Taijiquan OR T'ai Chi OR Tai Chi Chuan OR Qigong OR Qi Gong OR Ch'i
Kung OR Pilates OR Movement Techniques, Exercise OR Exercise Movement
Technics OR Pilates-Based Exercises OR Exercises, Pilates-Based OR Pilates Based
Exercises OR Pilates Training OR Training, Pilates AND sleep OR Sleeping Habits
OR Sleep Habits OR Habit, Sleep OR Habits, Sleep OR Sleep Habit OR Sleeping
Habit OR Habit, Sleeping OR Habits, Sleeping AND randomized controlled trial OR
Randomized OR Placebo OR RCT