[Systematic review of yoga for depression and quality of sleep in the elderly]

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Record Status
This is a systematic review that meets the criteria for inclusion on DARE.

Bibliographic details

DOI
10.6224/JN.61.1.85

Indexing Status
Subject indexing assigned by NLM

MeSH
Aged; Depression /therapy; Female; Humans; Male; Sleep; Yoga

AccessionNumber
12014012681

Date bibliographic record published
30/07/2014