

Effectiveness of sleep education programs to improve sleep hygiene and/or sleep quality in college students: a systematic review

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JBI database of systematic reviews and implementation reports

2016; 14(9):108-134

ARTICLE IDENTIFIERS

DOI: 10.11124/JBISRIR-2016-003088

PMID: 27755323

PMCID: not available

JOURNAL IDENTIFIERS

LCCN: 2015243366

pISSN: not available

eISSN: 2202-4433

OCLC ID: 852794980

CONS ID: not available

US National Library of Medicine ID: 101648258

This article was identified from a query of the SafetyLit database.