

Psychological interventions to improve sleep in young adults: a systematic review and meta-analysis of randomized controlled trials

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Behavioral sleep medicine

2022; 20(1):125-142

ARTICLE IDENTIFIERS

DOI: 10.1080/15402002.2021.1876062

PMID: 33554644

PMCID: not available

JOURNAL IDENTIFIERS

LCCN: 2002214232

pISSN: 1540-2002

eISSN: 1540-2010

OCLC ID: 49876665

CONS ID: not available

US National Library of Medicine ID: 101149327

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