



Effects of Chinese traditional exercise and general aerobic exercise in older adults with sleep disorders: A systematic review and meta-analysis

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This study aimed to assess the effects of Chinese traditional exercise on sleep quality in older adults and the effect differences with the general aerobic exercise. PubMed, EMBASE, Cochrane Library, Web of Science and CBM were searched from inception through July 2019 to identify randomized controlled trials which evaluated the effects of Chinese traditional exercise and general aerobic exercise on sleep quality. The Pittsburgh Sleep Quality Index (PSQI) was used to assess sleep quality. Randomized controlled trials (RCTs) evaluating the effects of Chinese traditional exercise and general aerobic exercise in older adults with sleep disorders were included. The quality of included studies was assessed by the Cochrane Handbook for Systematic Reviews of Interventions 5.1.0 and The Grades of



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1. sleep latency, sleep duration, sleep disturbance and daytime dysfunction. Additionally, there was no statistically significant difference in effects between Chinese traditional exercise and general aerobic exercise ($P=0.41$). Chinese traditional exercise improved sleep quality and had similar effects with general aerobic exercise in older

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