

ALT HEALTH WATCH

A SOURCE FOR ALTERNATIVE PERSPECTIVES ON HEALTHCARE AND WELLNESS

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2. [Sleep disorders and its consequences on biopsychosocial health: A narrative review.](#)

By: Verma, Kanika; Singh, Deepeshwar; Srivastava, Alok. *Yoga Mimamsa*. Jul-Dec2022, Vol. 54 Issue 2, p101-111. 11p. DOI: 10.4103/ym.ym_82_22.

Subjects: SLEEP disorders; RESTLESS legs syndrome; SLEEP physiology; COGNITION disorders; PUBLIC health

Academic Journal (851KB)

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