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Supplementary file 1. Results of the literature retrieval in PubMed.

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- #1 'Randomized Controlled Trials' OR 'Random allocation' OR 'Controlled Clinical Trials' OR 'Control groups' OR 'Clinical trials' OR 'Clinical Trials Data Monitoring Committees' OR 'Double- blind method' OR 'Single- blind method'
- #2 'Exercise' OR 'Exercise Therapy' OR 'Exercise' OR 'Physical Activity' OR 'Aerobic Exercise' OR 'Train' OR 'High-Intensity Interval Training' OR 'Resistance exercise' OR 'Endurance training' OR 'Tai Chi' OR 'Qigong' OR 'Yoga' OR 'Bagua'
- #3 'Sleep disturbance' OR 'Sleep quality' OR 'Insomnia' OR 'Sleep complaints' OR 'Sleep disorder'
- #4 #1 and #2 and #3
- #5 Search (#4 NOT animal[mh])
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