

Articles:

- 1) Kuei-Min Chen, Ming-Hsien Chen, Mei-Hui Lin, Jue-Ting Fan, Huey-Shyan Lin, Chun-Huw Li. **Effects of yoga on sleep quality and depression in elders in assisted living facilities.** Journal of Nursing Research 218(1): p 53-61, March 2010.
[Effects of Yoga on Sleep Quality and Depression in Elders in... : Journal of Nursing Research \(lww.com\)](#)

- 2) Huei-Min Chen, Jue-Ting Fan, Hsiu-Hung Wang, Shu-Ju We, Chuln-Huw Li, Huey-Shyan Lin. **Silver yoga exercises improved physical fitness of transitional frail elders.** Nursing Research 59(5): p 364-370, September 2010.
[Silver yoga exercises improved physical fitness of transitional frail elders - PubMed \(nih.gov\)](#)