



Universität
Basel

Research Project

Influence of exercising on sleep and psychological functioning in patients with Multiple Sclerosis (MS)

Project funded by own resources

Project title Influence of exercising on sleep and psychological functioning in patients with Multiple Sclerosis (MS)

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Organisation / Research unit

Departement Sport, Bewegung und Gesundheit / Sportwissenschaften (Pühse)

Bereich Psychiatrie (Klinik) / Klinische Stress- und Traumaforschung (Holsboer-Trachsler)

Project start 01.07.2017

Probable end 30.11.2018

Status Completed

We investigate, if and to what extent among patients with Multiple Sclerosis (MS) regular physical activity and exercising impact favorably both on subjective and objective sleep, and symptoms of depression, fatigue, and paresthesia.ä

Keywords Multiple sclerosis, objective sleep, subjective sleep, depression, physical activity

Financed by

Other funds

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Add documents

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