



[Home](#) / [Archives](#) / Vol. 2 No. 1 (2023): January, 2023 / [Articles](#)

The Effect of the Benson Relaxation Technique on Insomnia Levels in the Elderly

Vincencius Surani

Universitas Katolik Muli Charitas Palembang

Lilik Pranata

Universitas Katolik Muli Charitas Palembang

Sri Indaryati



- MENU**
- [Editorial team](#)
- [Reviewer](#)
- [Focus and Scope](#)