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## Effects of Zero-time Exercise on inactive adults with insomnia disorder: A pilot randomized controlled trial

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Author contribution: WFY, THL, and AYKL conceived and designed the trial. THL and AYKL established the zero-time exercise protocol. KPS and YYH reviewed the sleep hygiene education instructions and trained the instructor. AKYL and YTC performed the zero-time exercise, and sleep hygiene education training courses, respectively. YMY conducted the assessments. WFY and YMY analyzed the data and drafted the manuscript. THL, AYKL, and LMH revised the manuscript. All authors approved the final version accepted for publication.

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