

Harvard Health. (2020, 7 juli). *Exercising to relax*.

<https://www.health.harvard.edu/staying-healthy/exercising-to-relax>

Mallin, M., Schlein, S., Doctor, S., Stroud, S., Dawson, M. & Fix, M. (2014). A Survey of the Current Utilization of Asynchronous Education Among Emergency Medicine Residents in the United States. *Academic Medicine*, 89(4), 598–601.
<https://doi.org/10.1097/acm.0000000000000170>

Narula, N., Ahmed, L. & Rudkowski, J. (2012). An evaluation of the '5 Minute Medicine' video podcast series compared to conventional medical resources for the internal medicine clerkship. *Medical Teacher*, 34(11), e751–e755.
<https://doi.org/10.3109/0142159x.2012.689446>

Pilarski, P. P., Alan Johnstone, D., Pettepher, C. C. & Osheroff, N. (2008). From music to macromolecules: Using rich media/podcast lecture recordings to enhance the preclinical educational experience. *Medical Teacher*, 30(6), 630–632.
<https://doi.org/10.1080/01421590802144302>

Riddell, J., Swaminathan, A., Lee, M., Mohamed, A., Rogers, R. & Rezaie, S. (2017). A Survey of Emergency Medicine Residents' Use of Educational Podcasts. *Western Journal of Emergency Medicine*, 18(2), 229–234.
<https://doi.org/10.5811/westjem.2016.12.32850>

Roth, J., Chang, A., Ricci, B., Hall, M. & Mehta, N. (2020). Why Not a Podcast? Assessing Narrative Audio and Written Curricula in Obstetrical Neurology. *Journal of Graduate Medical Education*, 12(1), 86–91.
<https://doi.org/10.4300/jgme-d-19-00505.1>

Ruby, D. (2022, 21 november). *39+ Podcast Statistics 2022 (Latest Trends & Numbers)*. demandsage. <https://www.demandsage.com/podcast-statistics/>

Staff, S. (2021, 6 juni). *155+ Unique Podcast Quotes and Taglines That Grow Audiences*. Food Truck Empire.
<https://foodtruckempire.com/how-to/podcast-quotes/>

White, J. S., Sharma, N. & Boora, P. (2011). Surgery 101: Evaluating the use of podcasting in a general surgery clerkship. *Medical Teacher*, 33(11), 941–943.
<https://doi.org/10.3109/0142159x.2011.588975>