

# **No first night shift effect observed following a nocturnal main sleep and a prophylactic 1-h afternoon nap**

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Chronobiology international

2016; 33(6):716-720

## **ARTICLE IDENTIFIERS**

DOI: 10.3109/07420528.2016.1167727

PMID: 27077691

PMCID: not available

## **JOURNAL IDENTIFIERS**

LCCN: not available

pISSN: 0742-0528

eISSN: 1525-6073

OCLC ID: not available

CONS ID: not available

US National Library of Medicine ID: not available

This article was identified from a query of the SafetyLit database.