

Impact of sleep timing on attention, sleepiness, and sleep quality among real-life night shift workers with shift work disorder: a cross-over clinical trial

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Sleep

2022; ePub(ePub):ePub

ARTICLE IDENTIFIERS

DOI: 10.1093/sleep/zsac034

PMID: 35148396

PMCID: not available

JOURNAL IDENTIFIERS

LCCN: 79642696

pISSN: 0161-8105

eISSN: 1550-9109

OCLC ID: 04024329

CONS ID: sn 78002181

US National Library of Medicine ID: 7809084

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