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What predicts inattention in adolescents? An experience-sampling study comparing chronotype, subjective and objective sleep parameters

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Abstract

Objective: Many adolescents sleep insufficiently, which may negatively affect their functioning during the day. To improve sleep interventions, we need a better understanding of the specific sleep-related parameters that predict poor functioning. We investigated to which extent subjective and objective parameters of sleep in the preceding night (state parameters) and the trait variable chronotype predict daytime inattention as an indicator of poor functioning.

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