

# Accepted Manuscript

Title: Two hours of evening reading on a self-luminous tablet vs. reading a physical book does not alter sleep after daytime bright light exposure

Author: Frida H. Rångtell, Emelie Ekstrand, Linnea Rapp, Anna Lagermalm, Lisanne Liethof, Marcela Olaya Búcaro, David Lingfors, Jan-Erik Broman, Helgi B. Schiöth, Christian Benedict

PII: S1389-9457(16)30081-8  
DOI: <http://dx.doi.org/doi: 10.1016/j.sleep.2016.06.016>  
Reference: SLEEP 3091

To appear in: *Sleep Medicine*

Received date: 25-3-2016  
Revised date: 27-5-2016  
Accepted date: 16-6-2016

Please cite this article as: Frida H. Rångtell, Emelie Ekstrand, Linnea Rapp, Anna Lagermalm, Lisanne Liethof, Marcela Olaya Búcaro, David Lingfors, Jan-Erik Broman, Helgi B. Schiöth, Christian Benedict, Two hours of evening reading on a self-luminous tablet vs. reading a physical book does not alter sleep after daytime bright light exposure, *Sleep Medicine* (2016), <http://dx.doi.org/doi: 10.1016/j.sleep.2016.06.016>.

This is a PDF file of an unedited manuscript that has been accepted for publication. As a service to our customers we are providing this early version of the manuscript. The manuscript will undergo copyediting, typesetting, and review of the resulting proof before it is published in its final form. Please note that during the production process errors may be discovered which could affect the content, and all legal disclaimers that apply to the journal pertain.



## Two hours of evening reading on a self-luminous tablet vs. reading a physical book does not alter sleep after daytime bright light exposure

Frida H. Rångtell <sup>a,\*</sup>, Emelie Ekstrand <sup>a</sup>, Linnea Rapp <sup>a</sup>, Anna Lagermalm <sup>a</sup>,  
Lisanne Liethof <sup>a</sup>, Marcela Olaya Búcaro <sup>a</sup>, David Lingfors <sup>b</sup>,  
Jan-Erik Broman <sup>a</sup>, Helgi B. Schiöth <sup>a</sup>, Christian Benedict <sup>a</sup>

<sup>a</sup> Department of Neuroscience, Uppsala University, Uppsala, Sweden;

<sup>b</sup> Department of Engineering Sciences, Uppsala University, Uppsala, Sweden

*Word count (abstract/main text): 250/3328*

*No. of figures/tables: 6/1*

*No. of online supplementary files: 1*

*Institution at which the work was performed: Uppsala University, Sweden*

### **\* Correspondence**

Frida H. Rångtell, M.Sc.

Department of Neuroscience

Uppsala University

Husargatan 3, Box 593, 751 24 Uppsala, Sweden

Email: frida.rangtell@neuro.uu.se

Phone: ++46-18-471-4136

Fax: ++46-18-511540

Download English Version:

<https://daneshyari.com/en/article/6060081>

Download Persian Version:

<https://daneshyari.com/article/6060081>

[Daneshyari.com](https://daneshyari.com)