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Sleep and circadian rhythm function and trait impulsivity: an actigraphy study

Niall M. McGowan , Andrew N. Coogan

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**Highlights**

- Impulsive individuals show delayed sleep phase and abnormal circadian entrainment
- Impulsive individuals also show shortened sleep duration and poor sleep quality
- Impulsivity and ADHD traits are associated with sleep and circadian disturbance
- Sleep and circadian disturbance may be of transdiagnostic importance

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