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Effects of smartphone use with and without blue light at night in healthy adults: A randomized, double-blind, cross-over, placebo-controlled comparison

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TITLE PAGE

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Effects of smartphone use with and without blue light at night in healthy adults: a randomized, double-blind, cross-over, placebo-controlled comparison

Running title: Blue light from smartphones

Jung-Yoon Heo, MD,¹ Kiwon Kim, MD,¹ Maurizio Fava, MD,² David Mischoulon, MD, PhD,² George I. Papakostas, MD,² Min-Ji Kim, MS,³ Dong Jun Kim, BHS,^{1,4} Kyung-Ah Judy Chang, BA,¹ Yunhye Oh, MD,¹ Bum-Hee Yu, MD, PhD,¹ Hong Jin Jeon, MD, PhD^{1,2,4,*}

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¹ Department of Psychiatry, Depression Center, Samsung Medical Center, Sungkyunkwan University School of Medicine, Seoul, Korea

² Depression Clinical and Research Program, Massachusetts General Hospital, Harvard Medical School, Boston, USA

³ Statistics and Data Center, Research Institute for Future Medicine, Samsung Medical Center, Seoul, Korea

⁴ Department of Health Sciences & Technology, Department of Medical Device Management & Research, and Department of Clinical Research Design & Evaluation, Samsung Advanced Institute for Health Sciences & Technology (SAIHST), Sungkyunkwan University, Seoul, Korea

*Corresponding author.

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