

Accepted Manuscript

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PII: S1389-9457(16)30036-3
DOI: <http://dx.doi.org/doi: 10.1016/j.sleep.2016.04.011>
Reference: SLEEP 3057

To appear in: *Sleep Medicine*

Received date: 7-7-2015
Revised date: 12-4-2016
Accepted date: 14-4-2016

Please cite this article as: Akiyoshi Shimura, Yoshikazu Takaesu, Sayaka Aritake, Kunihiro Futenma, Yoko Komada, Yuichi Inoue, Later sleep schedule and depressive symptoms are associated with usage of multiple kinds of hypnotics, *Sleep Medicine* (2016), <http://dx.doi.org/doi: 10.1016/j.sleep.2016.04.011>.

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Later sleep schedule and depressive symptoms are associated with usage of multiple kinds of hypnotics

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Highlights

- Factors associated with high doses of hypnotics were examined.
- Users of multiple kinds of hypnotics had later sleep schedule.
- Users of multiple kinds of hypnotics had more depressive symptoms.
- Eveningness and depression were associated with usage of multiple kinds of hypnotics.
- Assessment of circadian rhythm and depression is needed in medication of insomnia.

Abstract: Objective: Usage of high doses of hypnotics possibly causes various adverse events. However, the risk factors of using multiple kinds of hypnotics have been

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