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Title: How the likelihood of missing the alarm during an on-call shift affects pre-bed anxiety, sleep and next day cognitive performance

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How the likelihood of missing the alarm during an on-call shift affects pre-bed anxiety, sleep and next day cognitive performance

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Highlights:

- Pre-bed anxiety is higher on on-call nights compared with control
- Poorer sleep on on-call nights where perceived likelihood of missing the call alarm was high
- Faster reaction times on days after on-call nights with a low likelihood of missing the alarm

Summary

This study investigated how the likelihood of missing an alarm affects pre-bed anxiety, sleep and next day cognitive performance during on-call shifts. Participants (n=24) completed one adaptation night, one control night and two on-call nights in a time-isolated sleep laboratory. On one of the on-call nights, participants were informed that they would be woken by a loud alarm that they would *definitely* not be able to sleep through (low likelihood of missing the alarm). On the other on-call night, participants were informed that they would be woken by a quiet alarm that they *may* sleep through

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