

# Accepted Manuscript

Daytime Sleepiness, Driving Performance, Reaction Time and Inhibitory Control during Sleep Restriction Therapy for Chronic Insomnia Disorder

Hannah Whittall, Meg Pillion, Michael Gradisar



PII: S1389-9457(17)30416-1

DOI: [10.1016/j.sleep.2017.10.007](https://doi.org/10.1016/j.sleep.2017.10.007)

Reference: SLEEP 3553

To appear in: *Sleep Medicine*

Received Date: 18 August 2017

Revised Date: 3 October 2017

Accepted Date: 16 October 2017

Please cite this article as: Whittall H, Pillion M, Gradisar M, Daytime Sleepiness, Driving Performance, Reaction Time and Inhibitory Control during Sleep Restriction Therapy for Chronic Insomnia Disorder, *Sleep Medicine* (2017), doi: 10.1016/j.sleep.2017.10.007.

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.

# Daytime Sleepiness, Driving Performance, Reaction Time and Inhibitory Control during Sleep Restriction Therapy for Chronic Insomnia Disorder

\*Hannah Whittall<sup>1</sup>, \*Meg Pillion<sup>1</sup> & Michael Gradisar<sup>1</sup>.

<sup>1</sup>Flinders University, School of Psychology, Adelaide, S.A., Australia.

\*Both authors contributed equally to this study.

Correspondence to: Dr Michael Gradisar  
c/o Flinders University,  
School of Psychology  
GPO Box 2100  
Adelaide, S.A., 5001  
Australia

E: [grad0011@flinders.edu.au](mailto:grad0011@flinders.edu.au)  
P: +61 8 8201 2324  
F: +61 8 8201 3877

Short title: *Consequences of sleep restriction therapy*

Download English Version:

<https://daneshyari.com/en/article/8709074>

Download Persian Version:

<https://daneshyari.com/article/8709074>

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