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Symbolic dynamics of electroencephalography is associated with the sleep depth and overall sleep quality in healthy adults

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Highlights

- (1) Symbolic dynamics of EEG may assist the continuous measurement of sleep depth.
- (2) Average P_{CW} of EEGs may be used as an indicator for timely sleep quantification.
- (3) Results support the use of nonlinear EEG analysis in automatic sleep evaluation.

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