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Buysse, Dahl, Thompson, & Siegle, 2009; Sagaspe Et Al., 2006) And Ensured That Confounds Such As Circadian Lags And Caffeine Withdrawal Did Not Compromise Study Mea-surements. Finally, Participants Were Right-handed, Non-smokers, And

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Thanks To Dr. Kathy Richards For Giving Permission For Me To Cite Her Richards-Campbell Sleep Questionnaire For The Purpose Of This DNP Project. An Extra Special Thanks To The Person Who Planted The Idea In My Mind To Return To School To Further My Training And Seek Out My Doctor Of Nurs May 1th, 2024

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