

Insomnia, sleep apnea, and circadian misalignment as a "three-arm" contributor to anxiety and depression during pregnancy

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Sleep and vigilance

2021; 5(2):333-335

ARTICLE IDENTIFIERS

DOI: 10.1007/s41782-021-00163-3

PMID: unavailable

PMCID: not available

JOURNAL IDENTIFIERS

LCCN: not available

pISSN: not available

eISSN: 2510-2265

OCLC ID: not available

CONS ID: not available

US National Library of Medicine ID: 101712170

This article was identified from a query of the SafetyLit database.