

# **Effects of an afternoon nap on sustained attention and working memory: the role of physiological arousal and sleep variables**

Ru T, Qian L, Chen Q, Sun H, Zhou G.  
International journal of psychophysiology  
2022; ePub(epub):ePub

## **ARTICLE IDENTIFIERS**

DOI: 10.1016/j.ijpsycho.2022.06.013  
PMID: 35753563  
PMCID: not available

## **JOURNAL IDENTIFIERS**

LCCN: sc 84001357  
pISSN: 0167-8760  
eISSN: 1872-7697  
OCLC ID: not available  
CONS ID: not available  
US National Library of Medicine ID: 8406214

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