

A blue-enriched light intervention counteracts the alertness decrement among mine workers on extended 12-hour night shift periods

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Journal of Occupational and Environmental Medicine
2023; ePub(ePub):ePub

ARTICLE IDENTIFIERS

DOI: 10.1097/JOM.0000000000002849

PMID: 36962091

PMCID: not available

JOURNAL IDENTIFIERS

LCCN: not available

pISSN: 1076-2752

eISSN: 1536-5948

OCLC ID: not available

CONS ID: not available

US National Library of Medicine ID: not available

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