

The background image shows a young Black female healthcare professional with glasses and a white lab coat, looking down at a document held by an elderly white female patient. The patient is also wearing glasses and a white top. A large teal abstract shape is on the right side of the image. A circular inset on the right shows a smiling woman with long dark hair wearing a grey blazer over a teal top. The text is overlaid on the image in three colored boxes: yellow, purple, and yellow.

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Sleep Research And Clinical Practice

**Bin Zhang,Huajun Liang,Xianchen
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