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Conflicted clocks: Social jetlag, entrainment and the role of chronotype

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Document Version

Publisher's PDF, also known as Version of record

Publication date:
2017

[Link to publication in University of Groningen/UMCG research database](#)

Citation for published version (APA):

Zerbini, G. (2017). *Conflicted clocks: Social jetlag, entrainment and the role of chronotype: From physiology to academic performance; from students to working adults*. [Thesis fully internal (DIV), University of Groningen]. University of Groningen.

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Conflicted clocks: social jetlag, entrainment and the role of chronotype

From physiology to academic performance;
From students to working adults

Giulia Zerbini

Conflicted clocks: social jetlag, entrainment and the role of chronotype. From physiology to academic performance; from students to working adults. Zerbini G., September 2017.
PhD Thesis, University of Groningen, Groningen, The Netherlands.

The work presented in this thesis was conducted at the Department of Neurobiology, Groningen Institute for Evolutionary Life Sciences, University of Groningen, The Netherlands.

This work was founded by the Technology foundation STW grant P10-18/12186.

Financial support for the printing of this thesis was kindly provided by the University of Groningen.

ISBN (print): 978-94-034-0036-5
ISBN (online): 978-94-034-0035-8

Cover: Nele Zickert
Layout: Ridderprint BV, www.ridderprint.nl
Printing by: Ridderprint BV, www.ridderprint.nl

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university of
 groningen

Conflicted clocks: social jetlag, entrainment and the role of chronotype

From physiology to academic performance;
From students to working adults

PhD thesis

to obtain the degree of PhD at the
University of Groningen
on the authority of the
Rector Magnificus Prof. E. Sterken
and in accordance with
the decision by the College of Deans.

This thesis will be defended in public on
Monday 18 September 2017 at 14.30 hours

by

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