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

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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**

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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**

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on the authority of the  
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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

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