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A Randomised Controlled Trial of Bright Light Therapy and Morning Activity for Adolescents and Young Adults with Delayed Sleep-Wake Phase Disorder

C. Richardson, N. Cain, K. Bartel, G. Micic, B. Maddock, M. Gradisar



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Richardson, C., Cain, N., Bartel, K., Micic, G., Maddock, B. & Gradisar, M.

Flinders University, College of Education, Psychology and Social Work, Adelaide, Australia

Correspondence should be addressed to A/Prof. Michael Gradisar, Flinders University,

Discipline of Psychology, GPO Box 2100, Adelaide, S.A., 5001, Australia.

Email: [michael.gradisar@flinders.edu.au](mailto:michael.gradisar@flinders.edu.au) Telephone: +61 8 8201 2192 Fax: +61 8 8201 3877

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