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Poor habitual sleep efficiency is associated with increased cardiovascular and cortisol stress reactivity in men

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Highlights

- Poor habitual sleep is associated with exaggerated stress reactivity
- Sleep predicted blood pressure and cortisol levels during stress and recovery
- Objective sleep efficiency but not duration was significantly related to reactivity

Abstract: 218 words

Text: 3154 words

Figures: 3

Tables: 2

References: 38

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