پی‌نوشت‌های
کتاب پروتکل‌ها

A note to the reader about the references below:

Specific statements or mention of specific studies in the main text are numerically referenced below. For each chapter, general references such as textbooks, comprehensive reviews, and book chapters are also cited early on. Where a set of findings or general conclusion is discussed in the text, multiple references (and often textbooks and chapters also) are listed together. Anyone interested in the substantiation of a specific statement or general theme within a chapter should see the specific references cited at the end of that sentence and within the preceding paragraphs, as well as the general book chapter and review materials for that chapter, and relevant references therein.

Introduction

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Chapter 1: Protocols for Sleep

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Chapter 3: Protocols for Stress Control

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Chapter 5: Protocols for Light

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Chapter 6: Protocols for Focus, Motivation, and Learning

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Protocols

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