JOURNAL OF TURKISH SLEEP MEDICINE | JTSM

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Is There Any Effect of the Chronobiological Profile on Auditory Skills?

ABSTRACT

- Morning types did better on AVLT A7, showing time-based memory effects.
- Evening types scored higher on WIN, MoCA in evening, matching circadian rhythm.
- Morning types better than intermediate types on DPT-L, showing ear-time advantage.
- Serotonin, fasting, walking likely boosted morning types' test performance.
- Evening types did worse in morning due to jetlag, better later in the day.

