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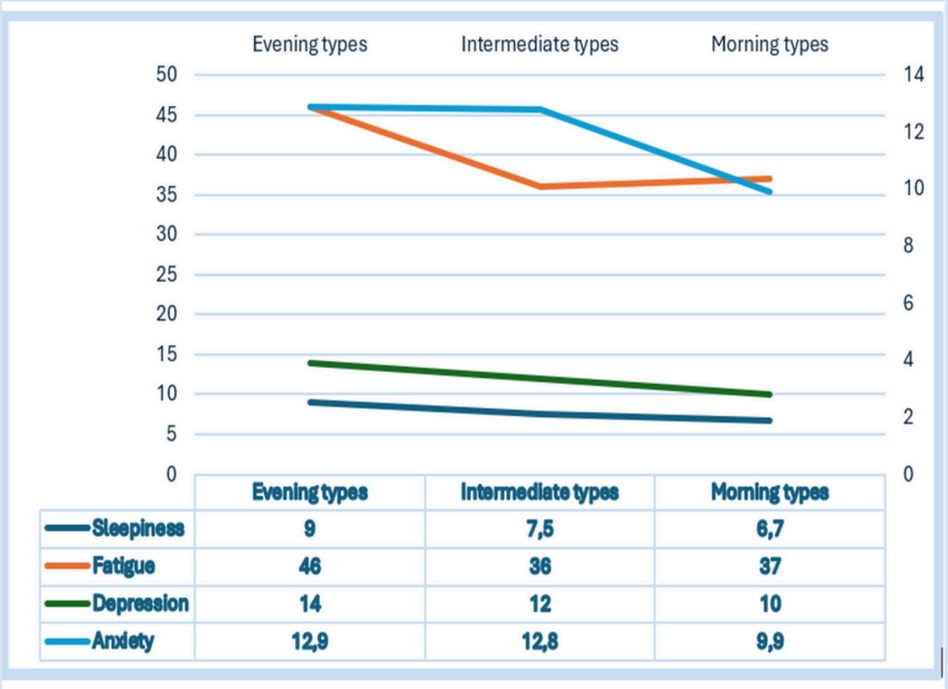
CHRONOTYPE AND COGNITION: COMPARISON OF EXECUTIVE FUNCTIONS, SLEEPINESS, AND FATIGUE ACCORDING TO CIRCADIAN RHYTHM PREFERENCE

ABSTRACT

This study aimed to compare individuals with different chronotypes in terms of executive functions, sleepiness, fatigue, depression, and anxiety. Chronotypes have been found to perform similarly in executive functions such as attention, working memory, verbal fluency, mental flexibility, resistance to interference, planning, and problem-solving.Circadian typology has a limited effect on executive functions. The evening type had higher sleepiness, fatigue, depression and anxiety scores than other chronotypes.



	Evening types	Intermediate types	Morning types
Sleepiness	9	7,5	6,7
Fatigue	46	36	37
Depression	14	12	10
Anxiety	12,9	12,8	9,9