
Sleep Cognition Bootzin Richard Kihlstrom

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(2011)! ! ! sleep,! ... years,!with!louann!gerken,!lynn!nadel ... **gasp 5 annual meeting - gasleep** - 1989-1991, research assistant in psychology, sleep and cognition unit, psychology department, university of arizona; tucson, az. director, richard r. bootzin, ph.d. **the effectiveness of the learning to breathe program on ...** - richard sanders west chester ... underlying cognition (best, miller, & jones, 2009). ... sleep quality (bootzin & stevens, 2005), and reductions in anxiety, depres- **curriculum vitae name: address: ucsd / va san diego ...** - mentors: richard bootzin, ph.d. and michael perlis, ph.d. 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