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Pregnancy Bedtime Sleep-onset latency (min) Number of wakings
Duration of wakings (min) Waketime Nighttime sleep (h) Mean SD Mean SD Mean SD
Mean SD Mean SD Mean SD ≤2 months 10:17 1.33 49.25 48.98 2.34 1.20 60.18
63.09 6:50 1.48 7.01 1.58 3th, 2024.

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