Figure. Average Richards-Campbell Sleep Questionnaire (RCSQ) and Quiet Scores Pre- and Postintervention

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| Unit 2Unit 1 | Unit 1Unit 2 |
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| SharedPrivate | SharedPrivate |

Box & whisker plot key: The box represents the interquartile range (IQR), with quartiles 2 and 3 separated by the median. X represents the mean. Whiskers extend 1.5 X IQR. Circles represent discrete measurement points; those beyond the whiskers are considered outliers.