

# Pittsburgh Sleep Quality Index

Patrick Vollmar

[Pittsburgh Sleep Quality Index - Wikipedia](#) The Pittsburgh Sleep Quality Index (PSQI) is a self-report questionnaire that assesses sleep quality over a 1-month time interval. The measure consists of 19 individual items, creating 7 components that produce one global score, and takes 5–10 minutes to complete. [1] **Pittsburgh Sleep Quality Index: Your Guide to Better Sleep Health** Learn how the Pittsburgh Sleep Quality Index (PSQI) assesses sleep quality, identifies sleep disorders, and helps improve sleep health. Understand PSQI scoring and its role in sleep assessment. **PSQI Questionnaire | Creyos Health** What is the Pittsburgh Sleep Quality Index (PSQI)? The PSQI is a widely used self-report questionnaire designed to assess sleep quality over a one-month period. *The Pittsburgh Sleep Quality Index (PSQI) - WSNA* It differentiates “poor” from “good” sleep by measuring seven areas: subjective sleep quality, sleep latency, sleep duration, habitual sleep efficiency, sleep disturbances, use of sleeping medication, and daytime dysfunction over the last month. [Pittsburgh Sleep Quality Index \(PSQI\): A Researcher's Guide](#) Jul 22, 2025 · The Pittsburgh Sleep Quality Index (PSQI) is a brief, reliable tool for assessing sleep quality over the past month. A global score greater than 5 indeed indicates poor sleep quality, with good sensitivity and specificity. **Pittsburgh Sleep Quality Inventory • questionnaires - GitHub Pages** The Pittsburgh Sleep Quality Index (PSQI) is a self-rated questionnaire which assesses sleep quality and disturbances over a 1-month time interval. **Pittsburgh Sleep Quality Index (PSQI) - Good Medicine** Pittsburgh Sleep Quality Index (PSQI) Instructions: The following questions relate to your usual sleep habits during the past month only. Your answers should indicate the most accurate reply for the majority of days and nights in the past month. Please answer all questions. **Understanding the Pittsburgh Sleep Quality Index (PSQI)** Jan 8, 2025 · Enter the Pittsburgh Sleep Quality Index (PSQI), a widely used tool in both clinical and research settings. In this comprehensive guide, we’ll explore what the PSQI is, how it works, and why it’s important for understanding and improving sleep health. **OToPS/Measures/Pittsburgh Sleep Quality Index - Wikiversity** Jul 16, 2024 · The PSQI is a multiple choice test that takes about 10-15 minutes to administer, and can be used in clinical, research, and every day settings. Its strong psychometric properties has allowed researchers and clinicians to accurately gauge the quality of sleep in their patients. [Clinical Version: Pittsburgh Sleep Quality Index \(PSQI\) | QxMD](#) Measure your patient's sleep quality. 1. During the past month, how many hours per night do you spend in your bed? 2. During the past month, how long (in minutes) has it usually taken you to fall asleep each night? 3. During the past month, how many ...

## **Pittsburgh Sleep Quality Index** Book Review: Unveiling the Magic of Language

In an electronic era where connections and knowledge reign supreme, the enchanting power of language has been much more apparent than ever. Its ability to stir emotions, provoke thought, and instigate transformation is really remarkable. This extraordinary book, aptly titled "**Pittsburgh Sleep Quality Index**," written by a highly acclaimed author, immerses readers in a captivating exploration of the significance of language and its profound effect on our existence. Throughout this critique, we will delve into the book's central themes, evaluate its unique writing style, and assess its overall influence on its readership.

[paula bruice organic chemistry 7th edition](#)

### **Table of Contents Pittsburgh Sleep Quality Index**

1. Understanding the eBook Pittsburgh Sleep Quality Index
  - The Rise of Digital Reading Pittsburgh Sleep Quality Index
  - Advantages of eBooks Over Traditional Books
2. Identifying Pittsburgh Sleep Quality Index
  - Exploring Different Genres
  - Considering Fiction vs.

- Non-Fiction
  - Determining Your Reading Goals
3. Choosing the Right eBook Platform
  - Popular eBook Platforms
  - Features to Look for in an Pittsburgh Sleep Quality Index
  - User-Friendly Interface
4. Exploring eBook Recommendations from Pittsburgh Sleep Quality Index
  - Personalized Recommendations

- Pittsburgh Sleep Quality Index User Reviews and Ratings
  - Pittsburgh Sleep Quality Index and Bestseller Lists
5. Accessing Pittsburgh Sleep Quality Index Free and Paid eBooks
  - Pittsburgh Sleep Quality Index Public Domain eBooks
  - Pittsburgh Sleep Quality Index eBook Subscription Services
  - Pittsburgh Sleep Quality

- Index Budget-Friendly Options
- 6. Navigating Pittsburgh Sleep Quality Index eBook Formats
  - ePub, PDF, MOBI, and More
  - Pittsburgh Sleep Quality Index Compatibility with Devices
  - Pittsburgh Sleep Quality Index Enhanced eBook Features
- 7. Enhancing Your Reading Experience
  - Adjustable Fonts and Text Sizes of Pittsburgh Sleep Quality Index
  - Highlighting and Note-Taking Pittsburgh Sleep Quality Index
  - Interactive Elements Pittsburgh Sleep Quality Index
- 8. Staying Engaged with Pittsburgh Sleep Quality Index
  - Joining Online Reading Communities
  - Participating in Virtual Book Clubs
  - Following Authors and

- Publishers Pittsburgh Sleep Quality Index
- 9. Balancing eBooks and Physical Books Pittsburgh Sleep Quality Index
  - Benefits of a Digital Library
  - Creating a Diverse Reading Collection Pittsburgh Sleep Quality Index
- 10. Overcoming Reading Challenges
  - Dealing with Digital Eye Strain
  - Minimizing Distractions
  - Managing Screen Time
- 11. Cultivating a Reading Routine Pittsburgh Sleep Quality Index
  - Setting Reading Goals Pittsburgh Sleep Quality Index
  - Carving Out Dedicated Reading Time
- 12. Sourcing Reliable Information of Pittsburgh Sleep Quality Index
  - Fact-Checking eBook Content of Pittsburgh Sleep Quality Index
  - Distinguishing Credible Sources
- 13. Promoting Lifelong Learning
  - Utilizing eBooks for Skill

- Development
  - Exploring Educational eBooks
- 14. Embracing eBook Trends
  - Integration of Multimedia Elements
  - Interactive and Gamified eBooks

## **Pittsburgh Sleep Quality Index Introduction**

Pittsburgh Sleep Quality Index Offers over 60,000 free eBooks, including many classics that are in the public domain. Open Library: Provides access to over 1 million free eBooks, including classic literature and contemporary works. Pittsburgh Sleep Quality Index Offers a vast collection of books, some of which are available for free as PDF downloads, particularly older books in the public domain. Pittsburgh Sleep Quality Index : This website hosts a vast collection of scientific articles, books, and textbooks. While it operates in a legal gray area due to copyright issues, its a popular resource for finding various publications. Internet Archive for Pittsburgh Sleep Quality

Index : Has an extensive collection of digital content, including books, articles, videos, and more. It has a massive library of free downloadable books. Free-eBooks Pittsburgh Sleep Quality Index Offers a diverse range of free eBooks across various genres. Pittsburgh Sleep Quality Index Focuses mainly on educational books, textbooks, and business books. It offers free PDF downloads for educational purposes. Pittsburgh Sleep Quality Index Provides a large selection of free eBooks in different genres, which are available for download in various formats, including PDF. Finding specific Pittsburgh Sleep Quality Index, especially related to Pittsburgh Sleep Quality Index, might be challenging as they're often artistic creations rather than practical blueprints. However, you can explore the following steps to search for or create your own Online Searches: Look for websites, forums, or blogs dedicated to Pittsburgh Sleep Quality Index, Sometimes enthusiasts share their designs or concepts in PDF format. Books and Magazines Some Pittsburgh Sleep Quality Index books or magazines might include. Look for

these in online stores or libraries. Remember that while Pittsburgh Sleep Quality Index, sharing copyrighted material without permission is not legal. Always ensure you're either creating your own or obtaining them from legitimate sources that allow sharing and downloading. Library Check if your local library offers eBook lending services. Many libraries have digital catalogs where you can borrow Pittsburgh Sleep Quality Index eBooks for free, including popular titles. Online Retailers: Websites like Amazon, Google Books, or Apple Books often sell eBooks. Sometimes, authors or publishers offer promotions or free periods for certain books. Authors Website Occasionally, authors provide excerpts or short stories for free on their websites. While this might not be the Pittsburgh Sleep Quality Index full book, it can give you a taste of the authors writing style. Subscription Services Platforms like Kindle Unlimited or Scribd offer subscription-based access to a wide range of Pittsburgh Sleep Quality Index eBooks, including some popular titles.

## **FAQs About Pittsburgh Sleep Quality Index Books**

How do I know which eBook platform is the best for me? Finding the best eBook platform depends on your reading preferences and device compatibility. Research different platforms, read user reviews, and explore their features before making a choice. Are free eBooks of good quality? Yes, many reputable platforms offer high-quality free eBooks, including classics and public domain works. However, make sure to verify the source to ensure the eBook credibility. Can I read eBooks without an eReader? Absolutely! Most eBook platforms offer web-based readers or mobile apps that allow you to read eBooks on your computer, tablet, or smartphone. How do I avoid digital eye strain while reading eBooks? To prevent digital eye strain, take regular breaks, adjust the font size and background color, and ensure proper lighting while reading eBooks. What the advantage of interactive eBooks? Interactive eBooks incorporate multimedia elements, quizzes, and activities, enhancing the reader

engagement and providing a more immersive learning experience. Pittsburgh Sleep Quality Index is one of the best book in our library for free trial. We provide copy of Pittsburgh Sleep Quality Index in digital format, so the resources that you find are reliable. There are also many Ebooks of related with Pittsburgh Sleep Quality Index. Where to download Pittsburgh Sleep Quality Index online for free? Are you looking for Pittsburgh Sleep Quality Index PDF? This is definitely going to save you time and cash in something you should think about.

## Find Pittsburgh Sleep Quality Index

~~paula bruice organic chemistry 7th edition~~

storia dell'educazione fisica e dello sport

**models for quantifying risk solution manual**

~~the third wave of democratization in latin america~~

*mobile learning and mathematics*

angry white pyjamas

annie piano conductor score  
**worked examples quantity surveying measurement pdf download**

*mercury 40 hp outboard repair*  
quantitative analysis in operations management

**choosing easy world a guide to opting out of struggle and strife**  
corrective reading comprehension placement test

*entre nous a woman s guide to finding her inner french girl paperback*  
oxford english for careers tourism 3 student s book

**automatic control systems 8th edition solutions manual**

## Pittsburgh Sleep Quality Index :

**protest stencil toolkit revised edition barnes noble** - Nov 05 2022  
web create unique protest graphics with the protest stencil toolkit revised and updated for modern day activists combine the 42 robust stencils and the typeface to create  
290 protest customizable design templates postermyswall - Oct 24 2021

**protest stencil toolkit thomas patrick amazon co uk** - Aug 14 2023  
web may 9 2011 only 10 left in stock more on the way with this book anyone can create protest graphics the 46 die cut stencils plus a bespoke typeface can be combined to  
protest stencil toolkit revised edition book grocer - Dec 26 2021  
web effortless promotion 4 8 5 848 templates search results for protest  
**protest stencil toolkit thomas patrick 9781786273710** - Apr 29 2022  
web 10 7k followers 1 211 following 651 posts see instagram photos and videos from protest stencil  
proteststencil  
**proteststenciltoolkit** - Jan 07 2023  
web protest stencil toolkit mar 17 2023  
create unique protest graphics with the protest stencil toolkit revised and updated for modern day activists combine the 42 robust  
**protest stencil proteststencil instagram photos and videos** - Feb 25 2022  
web protest stencil toolkit revised edition book grocer author patrick thomas format paperback softback

number of pages 112 with this book anyone can create protest *protest stencil toolkit revised ed alliance graphique* - May 31 2022 web samenvatting with this book anyone can create protest graphics the 46 die cut stencils plus a bespoke typeface can be combined to create both slogans and powerful visual [protest stencil toolkit revised edition paperback amazon com au](#) - Apr 10 2023 web protest stencil toolkit revised edition paperback 8 april 2019 with this book anyone can create protest graphics the 46 die cut stencils plus a bespoke typeface can be *protest stencil toolkit by patrick thomas goodreads* - Aug 02 2022 web create unique protest graphics with the protest stencil toolkit revised and updated for modern day activists combine the 42 robust stencils and the typeface to create **protest stencil toolkit paperback may 25 2011** - May 11 2023 web may 25 2011 this book contains 46 die cut stencils and a stencil typeface which can be used to create slogans and powerful visual messages

the stencils reflect the concerns **protest stencil toolkit revised edition amazon com** - Jul 13 2023 web apr 9 2019 create unique protest graphics with the protest stencil toolkit revised and updated for modern day activists combine the 42 robust stencils and the typeface to *aesthetica magazine protest stencil toolkit* - Sep 03 2022 web may 25 2011 patrick thomas this book contains 46 die cut stencils and a stencil typeface which can be used to create slogans and powerful visual messages the **protest stencil toolkit by patrick thomas hachette uk** - Dec 06 2022 web apr 9 2019 protest stencil toolkit revised edition by patrick thomas illustrator paperback 24 99 ship this item qualifies for free shipping choose expedited **protest stencil toolkit revised edition alibris** - Jul 01 2022 web protest stencil toolkit revised ed patrick thomas paperback 42 stencils 112 pages size 210 x 297mm isbn 9781786273710 images of protest stencil toolkit revised [a protest toolkit 7 free printable](#)

[stencils for creating visual](#) - Feb 08 2023 web mar 10 2017 back in 2011 laurence king published a book by patrick thomas the protest stencil toolkit yes it is a book but it is so much more than a book instead of **protest stencil toolkit patrick thomas amazon com tr** - Jan 27 2022 web 21 436 protest icons vector icons in svg psd png eps and icon font tools api api 11 6m icons to enhance your website app or project google workspace icons for **protest stencil toolkit laurence king publishing us** - Mar 09 2023 web with this book anyone can create protest graphics the 46 die cut stencils plus a bespoke typeface can be combined to create both slogans and powerful visual messages and **protest stencil toolkit laurence king publishing uk** - Jun 12 2023 web details 19 99 with this book anyone can create protest graphics the 46 die cut stencils plus a bespoke typeface can be combined to create both slogans and powerful visual *protest icons symbols* - Nov 24 2021

**graffiti template art protest stencil toolkit trend** - Mar 29 2022

web protest stencil toolkit patrick thomas amazon com tr Çerez tercihlerinizi seçin alışveriş deneyiminizi geliştirmek hizmetlerimizi sunmak müşterilerin hizmetlerimizi *protest stencil toolkit revised edition 9781786273710 abebooks* - Oct 04 2022

web protest stencil toolkit patrick thomas laurence king barcelona based patrick thomas has created the essential toolkit for the graphics of protest this comprehensive book

**ultimate muscle car price guide 1999 edition open library** - Apr 10 2023

web an edition of ultimate muscle car price guide 1961 1990 plus selected models from the 1950s 1999 *ultimate muscle car price guide 1961 1990 1999 edition* - Jul 13 2023

web jan 1 1999 paperback 15 95 3 used from 15 95 1 new from 22 42 american muscle is in demand and the knowledgeable staff at cars parts magazine has answered the 9781880524329 *ultimate muscle car price guide 1961 1990* - Mar 09 2023

web abebooks com ultimate muscle car price guide 1961 1990 1999 edition plus selected models from the 1950s 9781880524329 and a great selection of similar new used and

**ultimate muscle car price guide 1961 1990 1999 edition plus** - Jul 01 2022

web buy ultimate muscle car price guide 1961 1990 by car parts magazine online at alibris we have new and used copies available in 1 editions starting at 11 61 shop now

**ultimate muscle car price guide 1961 1990 1999 edition plus** - Apr 29 2022

web ultimate muscle car price guide 1961 1990 by car parts magazine paperback book 500 pages see other available editions description if you re in the market for the

**buy ultimate muscle car price guide 1961 1990 1999 edition** - Aug 02 2022

web may 1 1999 ultimate muscle car price guide 1961 1990 1999 edition plus selected models from the 1950s by cars parts magazine click here for the lowest price

*ultimate muscle car price guide 1961 1990 goodreads* - Feb 08 2023

web may 1 1999 ultimate muscle car price guide 1961 1990 1999 edition plus selected models from the 1950s cars parts magazine 9781880524329 books amazon ca

***ultimate muscle car price guide 1961 1990 plus selected*** - Aug 14 2023

web ultimate muscle car price guide 1961 1990 plus selected models from the 1950s by cars and parts magazine model price guide 1999 abebooks - Oct 24 2021

**ultimate muscle price guide abebooks** - May 11 2023

web ultimate muscle car price guide 1961 1990 1999 edition plus selected models from the 1950s and a great selection of related books art and collectibles available now at

***ultimate muscle car price guide 1961 1990 1999 edition*** - Jun 12 2023

web may 1 1999 buy ultimate muscle car price guide 1961 1990 1999 edition plus selected models from the 1950s by cars parts magazine isbn 9781880524329

**ultimate muscle car price guide 1961 1990 1999 ed pdf** - Feb 25 2022

web ultimate muscle car price guide

1961 1990 1999 ed is reachable in our digital library an online entrance to it is set as public so you can download it instantly

### **ultimate muscle car price guide**

**1961 1990 alibris** - May 31 2022

web ultimate muscle car price guide 1961 1990 1999 edition plus selected models from the 1950s by cars parts magazine the 1960 pontiac boneville convertible remains a

ultimate muscle prices ultimate muscle game list pricecharting - Nov 24 2021

web ultimate muscle car price guide 1961 1990 1999 edition plus selected models from the 1950s and a great selection of related books art and collectibles available now at

ultimate muscle car price guide 1961 1990 1999 edition plus - Oct 04 2022

web ultimate muscle car price guide 1961 1990 1999 edition plus selected models from the 1950s cars parts magazine amazon com au books

amazon com customer reviews ultimate muscle car price - Dec 06 2022

web ultimate muscle car price guide 1961 1990 1999 edition plus selected models from the 1950s by cars parts magazine com covering the brawniest

automobiles detroit

*ultimate muscle car price guide 1961*

*1990 1999 edition* - Jan 07 2023

web find helpful customer reviews and review ratings for ultimate muscle car price guide 1961 1990 1999 edition plus selected models from the 1950s at amazon com read

*ultimate muscle car price guide 1961 1990 1999 ed* - Jan 27 2022

web jan 1 1995 paperback 7 00 15

used from 2 34 3 new from 35 00

among the millions of cars made since gottlieb daimler s motor wagon first spluttered into motion certain

ultimate muscle car price guide 1961 1990 1999 edition half - Nov 05 2022

web find ultimate muscle car price guide 1961 1990 1999 edition plus selected models from the 1950s

ultimate muscle car price guide 1961 1990 1999 edition plus

*the ultimate classic car book amazon com* - Dec 26 2021

web ultimate muscle prices your search for ultimate muscle found 2 items compare prices below or click on the item you want for detailed price history you own 0 2 items 0

### **ultimate muscle car price guide**

**1961 1990 1999 edition** - Sep 03 2022

web amazon in buy ultimate muscle car price guide 1961 1990 1999 edition plus selected models from the 1950s book online at best prices in india on amazon in read

### **ultimate muscle car price guide**

**1961 1990 betterworldbooks com** - Mar 29 2022

web ultimate muscle car price guide

1961 1990 1999 ed pdf pages 2 6

ultimate muscle car price guide 1961

1990 1999 ed pdf upload arnold c

murray 2 6 downloaded from

*phet simulation gene expression 1 start on gene studocu* - Mar 29 2022

web 1 rna polymerase is the central enzyme of gene expression and it is a major target for regulation what does the mrna destroyer do 1 mrna destroyers find mrna with a matching sequence and signals the proteins to destroy this mrna

### **16 1 regulation of gene expression biology for ap courses** - Feb 08 2023

web in all cases regulation of gene expression determines the type and amount of protein produced in the cell errors in regulatory processes can



result in many human diseases and conditions including cancer gene expression regulation occurs at different points in prokaryotes and eukaryotes

### **chapter 15 regulation of gene**

**control key studocu** - Aug 14 2023

web name mr key chapter 15 regulation of gene expression key concepts bacteria often respond to environmental change by regulation transcription eukaryotic gene expression is regulated at many steps noncoding rnas play multiple roles in controlling gene expression researchers can monitor expression of specific

### **ch 18 reading guide answers pdf**

**operon regulation of gene** - Sep 15 2023

web what is the common control point of gene expression for all organisms transcription 21 gene expression can be regulated by modifications of the chromatin distinguish between heterochromatin and euchromatin as to their structure and activity heterochromatin is highly condensed and rarely expressed

### **9 3 regulation of gene expression in**

**eukaryotes** - Jul 01 2022

web may 15 2022 there are several methods used by eukaryotes regulate gene expression including altering the rate of transcription of the gene altering the rate at which rna transcripts are processed altering regulating gene expression the university of western australia - Nov 05 2022

web outcomes students understand gene expression is controlled by a complex series of molecular interactions collectively known as gene regulation are introduced to key molecular components of the gene expression regulatory system including promoter enhancer transcription factors spliceosome and elongation factors recognise gene

### **6 7 regulation of gene expression**

**biology libretexts** - Aug 02 2022

web gene expression is regulated to ensure that the correct proteins are made when and where they are needed regulation may occur at any point in the expression of a gene from the start of the transcription phase of protein synthesis to the processing of a protein after synthesis occurs

### **gene regulation scientific inquiry**

**student worksheet answer key** - Jan 27 2022

web answer to student worksheets controlling gene expression allows cells to have the same genes but different functions add to library share with classes edit edit view latest customize customize details resources publish published gene regulation scientific inquiry student worksheet answer key teacher contributed

regulation of gene expression study guide ck 12 foundation - Jan 07 2023

web gene expression activating a particular gene to make a protein regulatory protein proteins that regulate dna transcription activators regulatory proteins that promote transcription repressors regulatory proteins that prevent transcription regulatory elements regions of dna where regulatory proteins can bind

**chapter 17 regulation of gene expression introduction to** - May 31 2022

web the expression of specific genes is a highly regulated process with many levels and stages of control this complexity ensures expression of each

protein in the proper cells at the proper time 17 1 overview of regulation of gene expression

## 1 9 regulation of gene expression

**biology libretexts** - Jun 12 2023

web for the purposes of this section the key point is how the biological activity encoded by a gene is regulated the expression of genes in specific plant cells tissues and organs and the timing of this expression require a precise level of regulation

## overview gene regulation in

**bacteria article khan academy** - Apr 10 2023

web there are various forms of gene regulation that is mechanisms for controlling which genes get expressed and at what levels however a lot of gene regulation occurs at the level of transcription

*chapter 18 regulation of gene expression east tennessee state university* - Dec 06 2022

web what regulates gene expression gene expression in prokaryotic cells differs from that in eukaryotic cells how do disruptions in gene regulation lead to cancer this chapter gives you a look at how genes are expressed and

modulated concept 18 1 bacteria often respond to environmental change by regulating transcription 1

*overview eukaryotic gene regulation*

*article khan academy* - Jul 13 2023

web gene regulation is how a cell controls which genes out of the many genes in its genome are turned on expressed thanks to gene regulation each cell type in your body has a different set of active genes despite the fact that almost all the cells of your body contain the exact same dna

## regulation of gene expression

**biology for majors i lumen** - Oct 04 2022

web gene regulation is how a cell controls which genes out of the many genes in its genome are turned on expressed thanks to gene regulation each cell type in your body has a different set of active genes despite the fact that almost all the cells of your body contain the exact same dna

*computer simulation regulation of gene expression studocu* - Apr 29 2022

web this is the answers checked by the teacher to the computer simulation on regulation of gene expression in this computer simulation you will explore

how ge ex

regulation after transcription article khan academy - Sep 03 2022

web even after a gene has been transcribed gene expression can still be regulated at various stages some transcripts can undergo alternative splicing making different mrnas and proteins from the same rna transcript ap bio 6 5 regulation of gene expression fiveable - Mar 09 2023

web jan 16 2023 regulatory sequences are regions of dna that play a crucial role in controlling gene expression in terms of increasing or decreasing the expression of certain genes in the organism essentially they can turn a gene on or off

*10 4 eukaryotic gene regulation biology libretexts* - Feb 25 2022

web jul 30 2022 gene regulation is how a cell controls which genes out of the many genes in its genome are turned on expressed thanks to gene regulation each cell type in your body has a different set of active genes despite the fact that almost all the cells of your body contain the exact same dna

## chapter 15 regulation of gene

**expression flashcards quizlet** - May  
11 2023  
web a protein that binds to the operator

and block attachment of rna  
polymerase to the promoter preventing  
transcription of the genes regulatory  
gene a gene that codes for a protein

such as a repressor that controls the  
transcription of another gene or group  
of genes corepressor