

# Sleep Studies

## **National Sleep Foundation** [Click Here](#)

Sleep is food for the brain. During sleep, important body functions and brain activity occur. *(A great chart for recommended sleeping hours for all ages)*

## **Nationwide Childrens** [Click Here](#)

**Summary of:** Adapted from: Mindell JA & Owens JA (2003). A Clinical Guide to Pediatric Sleep: Diagnosis and Management of Sleep Problems. Philadelphia: Lippincott Williams & Wilkins.

## **Developmental Changes in the Human Sleep EEG During Early Adolescence** [Click Here](#)

## **Objective Sleep Characteristics and Cardiometabolic Health in Young Adolescents** [Click Here](#)

**Sleep duration and incidence of obesity in infants, children, and adolescents: a systematic review and meta-analysis of prospective studies** [Click Here](#)

**Teenage Girls Report Higher Impact Of Sleepiness During School And Personal Activities Than Teenage Boys** [Click Here](#)

**Later Start, Longer Sleep: Implications of Middle School Start Times.** [Click Here](#)

**High school start times after 8:30 am are associated with later wake times and longer time in bed among teens in a national urban cohort study.** [Click Here](#)

**Sociodemographic and behavioral predictors of bed time and wake time among US adolescents aged 15 to 17 years.** [Click Here](#)

**School Start Times, Sleep, Behavioral, Health, and Academic Outcomes: A Review of the Literature.** [Click Here](#)