

Absolutely Free Resources on Adolescent Sleep

Prefer Print?

Three outstanding papers just came out and are available for free.

On September 1st, the American Academy of Pediatrics published:

- A technical report on the causes and consequences of insufficient sleep in adolescents
- A policy statement advocating more reasonable school start times



Here are the links to read them for free:

<http://pediatrics.aappublications.org/content/134/3/e921.long>

<http://pediatrics.aappublications.org/content/134/3/642.long>



Examining the Impact of Later High School Start Times on the Health and Academic Performance of High School Students: A Multi-Site Study

In February, Dr. Kyla Wahlstrom and others published a comprehensive study of the effect of school start times:

[http://conservancy.umn.edu/bitstream/11299/162769/1/Impact of Later Start Time Final Report.pdf](http://conservancy.umn.edu/bitstream/11299/162769/1/Impact%20of%20Later%20Start%20Time%20Final%20Report.pdf)

Prefer Video?

The University of Minnesota College of Education and Human Development recently recorded a series of talks on adolescent sleep that encompass sleep biology, the causes and consequences of inadequate sleep in adolescents, and strategies to increase sleep in adolescents. Check out: <http://www.cehd.umn.edu/carei/sleepresources.html>



That site offers free streaming video of talks and downloadable handouts from leaders in the field:

Sleep and Biology of the Human Brain	Conrad Iber, MD
Biology of Adolescent Sleep	Mary Carskadon, Ph.D.
Sleep and Memory	Jessica Payne, Ph.D.
Adolescent Depression and Sleep	Allison Harvey, Ph.D.
Sleep, Caffeine Use, and Social Media	Amy Wolfson, Ph.D.
Adolescent Sleep, Health, and Obesity	Dean Beebe, Ph.D.
School Start Times	Kyla Wahlstrom, Ph.D.
Implementing Later Start Times: Getting it Done	Kenneth Dragseth, Ph.D., & Randall Zipf, Ph.D.
Teens and Car Crashes	Lieutenant Eric Roeske

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Prefer Organizations?



The American Academy of Sleep Medicine is a professional membership organization comprised of clinicians, researchers and educators. Its mission is to serve its members and advance the field of sleep health care. The web site www.aasmnet.org/ includes some members-only links, but also has links for the public, including searchable indexes for sleep medicine clinics (www.sleepcenters.org/) and specialists in behavioral sleep medicine (www.absm.org/BSMSpecialists.aspx)

The public education web sites of the American Academy of Sleep Medicine are yoursleep.aasmnet.org and www.sleepeducation.com. These sites offer a treasure-trove of lay-friendly information regarding sleep and sleep disorders across all ages, including adolescence.

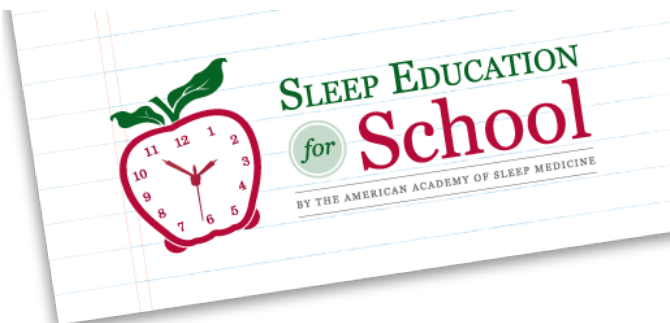
The National Sleep Foundation dedicated to improving public health and safety by supporting sleep-related education, research, and advocacy. The web site www.sleepfoundation.org has information on sleep and sleep disorders. You can also sign up for weekly e-mails with new discoveries and public health efforts.



[Start School Later](http://StartSchoolLater.net) is an advocacy group comprised of health professionals, sleep scientists, educators, parents, students, and other concerned citizens working to ensure that all public schools can set hours compatible with health, safety, equity, and learning. The website offers educational materials and resources, and the organization provides a centralized launching pad for local chapters who are advocating for later middle and high school start times in their regions and communities.

Prefer to Teach?

School.SleepEducation.com has made your job easier. It has nicely-developed sleep-oriented lesson plans and materials for grades K – 12. The high school curriculum links to NIH's detailed lesson plans and materials, also available directly at <http://science.education.nih.gov/customers.nsf/HSSleep.htm>.



NIH
Curriculum Supplement Series