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Insufficient sleep and adolescents

Angel Cavazos

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Insufficient sleep and adolescents

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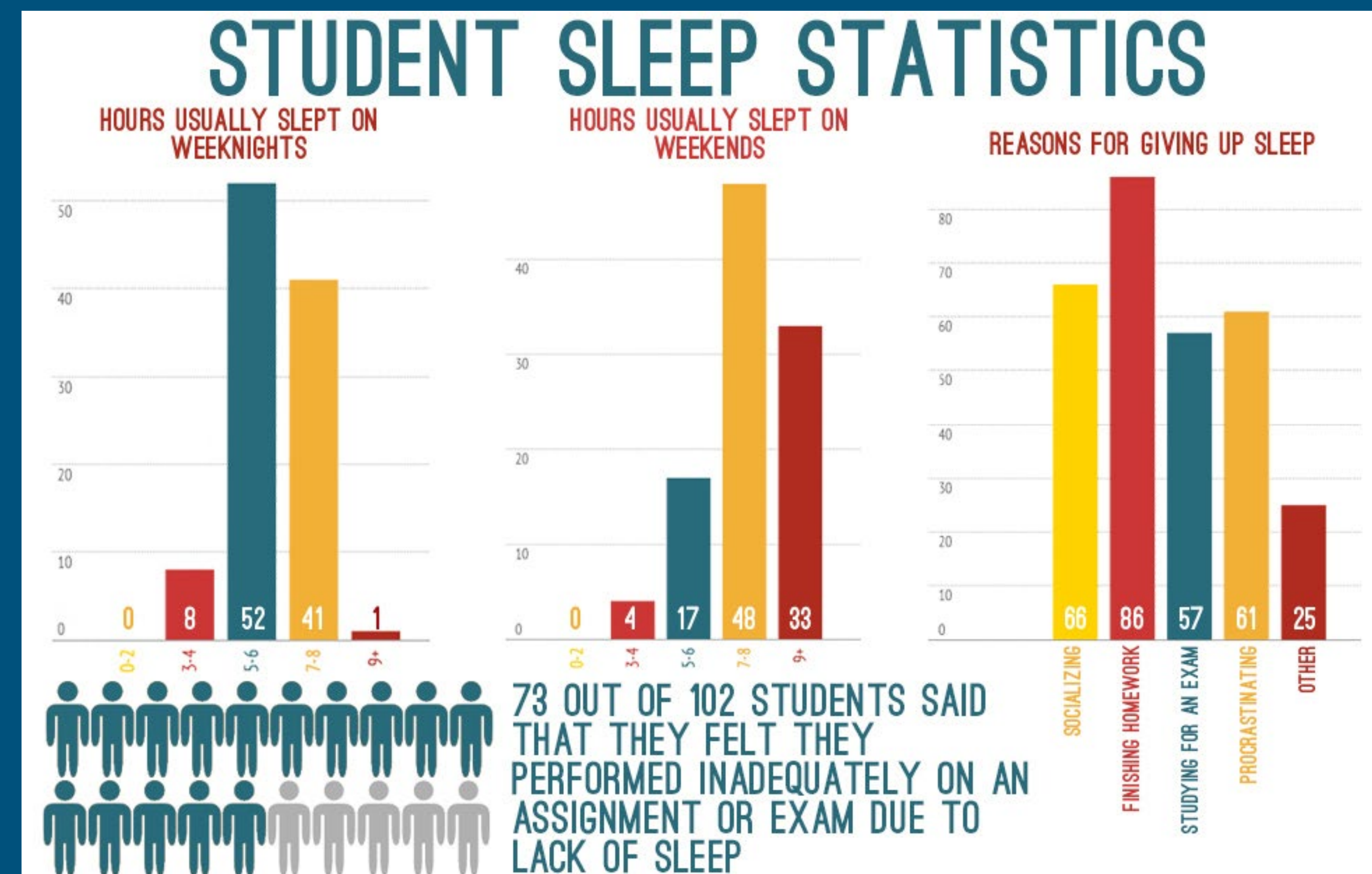
Nebraska College Preparatory Academy

Grand Island Senior High School 2021

University of Nebraska-Lincoln

Abstract

Sleep insufficiency is the decrease in either sleep quality, or quantity, to where performance is decreased. Sleep is important for adolescents as it plays an important role in mood and development of depressive symptoms. A myriad of troubling side effects stem from sleep loss including weight gain, depression, suicidal ideation, drowsy driving, and lower performance.



Conclusions

Based on the evidence provided these findings seem reasonable. Further experimental investigations need to be carried out on the topics of whether caffeine exacerbates or helps suppress negative effects, the validity of sleep debt and weekends, the correlation between sleep loss with drug and alcohol intake, and whether or not later school start times can help prevent said sleep loss.

Key points

- Sleeping less than 8 hours may increase suicide attempts almost threefold
- For each hour lost the odds of being obese increase by 80%
- Low income and ethnic minorities may be at greater risk of insufficient sleep



Works Cited

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