

Adolescent Sleep Patterns

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This book explores the genesis and development of adolescent sleep patterns. There is a growing concern in relation to the problem of insufficient sleep, particularly in the United States. In the early 1990s a Congressionally mandated commission noted that insufficient sleep is a major contributor to catastrophic events, such as Chernobyl and the Exxon Valdez, as well as personal tragedies, such as automobile accidents. Adolescents appear to be among the most sleep-deprived populations in our society, though they are rarely included in sleep assessments. This book explores the genesis and development of sleep patterns in adolescents. It examines biological and cultural factors that influence sleep patterns, presents risks associated with lack of sleep, and reveals the effects of environmental factors such as work and school schedules on sleep. Originally published in 2002, Adolescent Sleep Patterns will appeal to psychologists and sociologists of adolescence who have not yet considered the important role of sleep in the lives of our youth. EAN/ISBN : 9780511036606 Publisher(s): Cambridge University Press Format: ePub/PDF Author(s): Carskadon, Mary A.

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