

1. Record Nr.	UNINA9910450060103321
Titolo	Adolescent sleep patterns : biological, social, and psychological influences / / edited by Mary A. Carskadon [[electronic resource]]
Pubbl/distr/stampa	Cambridge : , : Cambridge University Press, , 2002
ISBN	1-107-11653-8 0-521-16869-4 1-280-43246-2 9786610432462 0-511-17724-0 0-511-15820-3 0-511-30489-7 0-511-49999-X 0-511-05183-2
Descrizione fisica	1 online resource (xvii, 297 pages) : digital, PDF file(s)
Disciplina	616.8/498
Soggetti	Sleep disorders in adolescence Health behavior in adolescence Sleep
Lingua di pubblicazione	Inglese
Formato	Materiale a stampa
Livello bibliografico	Monografia
Note generali	Title from publisher's bibliographic system (viewed on 05 Oct 2015).
Nota di bibliografia	Includes bibliographical references and index.
Nota di contenuto	Cover; Half-title; Title; Copyright; Contents; Contributors; Foreword; Preface; 1. Sleep and Adolescence: A Social Psychologist's Perspective; 2. Factors Influencing Sleep Patterns of Adolescents; 3. Endocrine Changes Associated with Puberty and Adolescence; 4. Maturational Changes in Sleep-Wake Timing: Longitudinal Studies of the Circadian Activity Rhythm of a Diurnal Rodent; 5. Nutrition and Circadian Activity Offset in Adolescent Rhesus Monkeys; 6. Toward a Comparative Developmental Ecology of Human Sleep; 7. Sleep Patterns of High School Students Living in São Paulo, Brazil; 8. Sleep Patterns and Daytime Function in Adolescence: An Epidemiological Survey of an Italian High School Student Sample; 9. Risks of Driving While Sleepy in Adolescents and Young Adults; 10. What Can

the Study of Work Scheduling Tell Us about Adolescent Sleep?; 11. Accommodating the Sleep Patterns of Adolescents within Current Educational Structures: An Uncharted Path; 12. Bridging the Gap between Research and Practice: What Will Adolescents' Sleep-Wake Patterns Look Like in the 21st Century?; 13. Influence of Irregular Sleep Patterns on Waking Behavior  
14. Stress and Sleep in Adolescence: A Clinical-Developmental Perspective  
15. The Search for Vulnerability Signatures for Depression in High-Risk Adolescents: Mechanisms and Significance; 16. The Regulation of Sleep-Arousal, Affect, and Attention in Adolescence: Some Questions and Speculations; Index

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#### Sommario/riassunto

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. 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.

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