

1. Record Nr.	UNINA9910778615103321
Titolo	Sleep needs, patterns, and difficulties of adolescents [[electronic resource]] : summary of a workshop : forum on adolescence // Mary G. Graham, editor
Pubbl/distr/stampa	Washington, D.C., : National Academy Press, c2000
ISBN	0-309-17167-9 0-309-51393-6
Descrizione fisica	1 online resource (62 p.)
Altri autori (Persone)	GrahamMary G
Disciplina	612.8/21/0835
Soggetti	Children - Sleep Sleep
Lingua di pubblicazione	Inglese
Formato	Materiale a stampa
Livello bibliografico	Monografia
Note generali	"Board on Children, Youth, and Families, Commission on Behavioral and Social Sciences and Education, National Research Council and Institute of Medicine." Workshop was held Wednesday, September 22, 1999 at the National Academy of Sciences, Washington, D.C.
Nota di bibliografia	Includes bibliographical references.
Nota di contenuto	""Front Matter""; ""Contents""; ""Preface""; ""Sleep Needs, Patterns, and Difficulties of Adolescents""; ""ADOLESCENT DEVELOPMENT AND SLEEP""; ""ADOLESCENT SLEEP PATTERNS AND DAYTIME SLEEPINESS""; ""CONSEQUENCES OF INSUFFICIENT SLEEP""; ""IDENTIFYING AND INTERVENING IN CLINICAL SLEEP PROBLEMS""; ""CHANGING SCHOOL STARTING TIMES""; ""EDUCATING THE PUBLIC ABOUT ADOLESCENT SLEEP NEEDS""; ""NEXT STEPS""; ""References""; ""OTHER INFORMATION RESOURCES""; ""Appendix Workshop Agenda and Participants""; ""Selected Reports of the Board on Children, Youth, and Families""