



Adolescent Sleep Patterns: Biological, Social, and Psychological Influences

By -

Cambridge University Press. Paperback. Condition: New. 318 pages. Dimensions: 8.9in. x 6.0in. x 1.0in. Adolescents are among the most sleep deprived populations in our society. This book explores the genesis and development of sleep patterns at this phase of the life span. 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. This study will appeal to psychologists and sociologists of adolescence who have not yet considered the important role of sleep in the lives of our youth. This item ships from multiple locations. Your book may arrive from Roseburg,OR, La Vergne,TN. Paperback.



READ ONLINE
[2.31 MB]

Reviews

It is an incredible publication i actually have actually go through. I really could comprehended everything out of this composed e.pdf. Its been designed in an exceedingly simple way and is particularly just following i finished reading this publication where actually changed me, alter the way i think.

-- **Prof. Colton Jakubowski IV**

The most effective book i ever read. I really could comprehended almost everything out of this published e ebook. You wont truly feel monotony at at any time of your respective time (that's what catalogs are for regarding should you ask me).

-- **Rusty Kerluke**