

Sleep Quality In Young Adults (Mellen Studies In Psychology, 8) By Kathy Sexton-Radek



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Daily activities and sleep quality in young adults

Daily activity levels were investigated as related to sleep quality in young adult college students aged 18 to 30 years.

Sleep - arousal responses during overnight

AROUSAL RESPONSES DURING PSG AND THEIR REPRODUCIBILITY IN YOUNG ADULTS
polysomnography and their reproducibility in healthy young adults. SLEEP 2015;38

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Effects Of Tai Chi Chuan On Psychobiological Indicators Of Anxiety And Sleep Quality In
Psychobiological Indicators Of Anxiety And Sleep Quality In Young Adults.

Sleep quality in young adults (book, 2003)

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Even young people need to improve sleep quality

Teens and young adults are at higher risks for sleep deprivation than ever before. Not just pressures at school but the technology that never sleeps, is causing

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Sedative music facilitates deep sleep in young

OBJECTIVES: To investigate the effect of sedative music on the different stages of the sleep cycle in young adults with various sleep latencies by using

Delayed sleep onset in depressed young people

The circadian abnormality of delayed sleep phase has been suggested to characterise a subgroup of depressed young adults with different sleep quality index: a new

Eating before bed distrupts your sleep

Scientists at Brazil s Universidade Federal de S o Paulo studied the relationship between eating and sleep quality in a group of young adults. and quality sleep.

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Studying sleep in young people: links to growth,

diabetes and endocrinology at the University of Studying sleep in young people: changes occur including changes in sleep timing, duration, and quality.

Listening to relaxing classical music for 45

Listening to relaxing classical music for 45 minutes before going to bed improves sleep quality in young adults.

Increased sleep disruption, reduced sleepiness in

poor quality sleep, including re- in a group of older and young adults, giving their subjects 30-minute sleep opportunities every 90 minutes for 60 hours.

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An epidemiological perspective on college student

An Epidemiological Perspective on College Student Health and Sleep Kathy Sexton-Radek* terms of sleep quality, young adults, study of young adults

Restless legs syndrome, sleep, and quality of life

Restless Legs Syndrome, Sleep, and Quality of Life among Adolescents and Young Adults. Posted by Sleep Jobs Editor | July 14, 2014 | Restless Legs Syndrome

Factors associated with objective (actigraphic)

Factors associated with objective (actigraphic) and subjective sleep quality in young adult women Shelley S. Tworogera,T, Scott Davisb,c, Michael V. Vitiellod,

Sleep - wikipedia, the free encyclopedia

A healthy young adult entrained These results suggest that ingested nutrients do play a role in determining sleep quality. people sleep in a more

References in factors associated with objective

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IL 60559 Elmhurst College, USA Kathy Sexton Radek 1* and 2 The studies of sleep in emerging adults. Sexton-Radek K (2004) Sleep Quality in Young

Subjective sleep impairment in adults with type 1

we observed a significant univariable association with poor sleep quality in people T his study was supported by the Prof. Dr. J. Terpstra Young

The importance of enough sleep for teens

young people also miss out on the many important benefits of quality sleep. The NSF reports that good sleep can even help young people eat better and manage

Coping with sleep disturbances among young adults:

the authors aimed to investigate the young adults' coping strategies for Although some coping strategies were associated with better sleep quality

Association between facebook dependence and poor

Jul 28, 2015 Embed code for: Association between Facebook Dependence and Poor Sleep Quality: A Study in a Sample of Undergraduate Students in Peru

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An investigation of sleep quality in adolescents

Jul 30, 2015 Sleep difficulties in young adults may persist for 3 months after MTBI and exceed those after orthopedic injury. Read article

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The Edwin Mellen Press: Sleep Quality in Young Adults Sexton-Radek, Health Studies, Psychology, Imprint: Edwin Mellen Press

Age and gender variations of sleep in subjects

Jul 28, 2015 Self-reported sleep quality and daytime functioning improved with aging. Slow-wave sleep: do young adult men and women age differently? J Sleep Res.

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This book addresses basic sleep facts, sleep disorders and behaviours related to young adult sleep, filling a lacuna in the scientific literature, with a particular

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UMass Amherst Sleep Research May Offer New Treatment Directions for Age-Related Memory Decline

Sleep and alzheimer s: better sleep may stave off

Jul 23, 2015 off the symptoms of Alzheimer s.Sound sleep in young and middle-aged people maintaining good sleep quality, at least in young adulthood

Exercise training and sleep quality in young

University of Texas at Austin Digital Repository Exercise training and sleep quality in young adults from the training interventions and genetics of exercise

Daily routines may influence sleep quality

Young adults who went to work and ate dinner around the same time every day typically slept better and woke up fewer times during the night. They also fell asleep

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