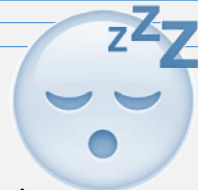


Suggested Readings



American Chemical Society. (2019, April 1). 'Smart' pajamas could monitor and help improve sleep. *ScienceDaily*. <https://www.sciencedaily.com/releases/2019/04/190401075143.htm>

Aubrey, A. (2019, March 24). Nappuccinos to weekend Z's: strategize to catch up on lost sleep. *NPR.org*. <https://www.npr.org/sections/health-shots/2019/03/24/705345481/nappuccinos-to-more-weekend-zs-strategize-to-catch-up-on-lost-sleep>

Bar-Ilan University. (2019, March 5). Sleep tight! researchers identify the beneficial role of sleep: Sleep increases chromosome dynamics that clear out DNA damage accumulated during waking hours. *ScienceDaily*. www.sciencedaily.com/releases/2019/03/190305170106.htm

Bramley, E.V. (2018, April 17). Dream ticket: how sleep became a billion-dollar business. *The Guardian*. <https://www.theguardian.com/lifeandstyle/2018/apr/17/sleep-billion-dollar-business-tiredness-spooning-robots-cuddle-blankets-luxury>

David, J. E. (2018, March 9). Technology and stress are causing lack of sleep. So can the problem be fixed by...technology? *CNBC.com*. <https://www.cnn.com/2018/03/09/technology-and-stress-are-causing-lack-of-sleep-so-can-the-problem-be-fixed-by--technology.html>

Emery, G. (2019, March 6). Patients not harmed when trainee doctors work 28-hour shifts. *Reuters*. <https://www.reuters.com/article/us-health-sleep-trainee-hours/patients-not-harmed-when-trainee-doctors-work-28-hour-shifts-idUSKCN1QN2TA>

Geddes, L. (2018, February 8). How modern life gets in the way of sleep. *The Guardian*. <https://www.theguardian.com/lifeandstyle/2019/feb/08/how-modern-life-gets-in-the-way-of-sleep-chronic-insomnia>

Geddes, L. (2019, January 21). Social jetlag—are late nights and chaotic sleep patterns making you ill? *The Guardian*. <https://www.theguardian.com/lifeandstyle/2019/jan/21/social-jetlag-are-late-nights-and-chaotic-sleep-patterns-making-you-ill>

LaMotte, S. (2019, April 17). Wake up, people: You're fooling yourself about sleep, study says. *CNN.com*. <https://www.cnn.com/2019/04/16/health/sleep-myths-facts-study/index.html>

University of Texas Health Science Center at Houston. (2019, February 4). Teens too low on sleep, activity, and too high on screen time. *ScienceDaily*. <https://www.sciencedaily.com/releases/2019/02/190204114643.htm>

Caution: We strongly advise coaches to screen all publications prior to making them accessible to students. You may also get additional resources from our Facebook page:
www.facebook.com/fpspi