

Poznámky

1. VELKÁ SPÁNKOVÁ KRIZE

Doba spánku u žáků ZŠ a studentů SŠ v USA

National Sleep Foundation, 2006 *Sleep in America*. National Sleep Foundation Poll. <https://www.sleepfoundation.org/professionals/sleep-american-polls/2006-teens-and-sleep>.

Statistické studie spánku u dospívajících v USA v minulých desetiletích

Keyes, K. M., J. Maslowsky, A. Hamilton a J. Schulenberg. „The Great Sleep Recession: Changes in Sleep Duration Among US Adolescents, 1991–2012.“ *Pediatrics* 135, č. 3 (2015): 460–68. doi: 10.1542/peds.2014–2707.

Tarokh, L., J. M. Saletin a M. A. Carskadon. „Sleep in Adolescence: Physiology, Cognition and Mental Health.“ *Neuroscience and Biobehavioral Reviews* 70 (2016): 182–88. <https://doi.org/10.1016/j.neubiorev.2016.08.008>.

Twenge, J. M., Z. Krizan a G. Hisler. „Decreases in Self-Reported Sleep Duration Among U.S. Adolescents 2009–2015 and Association with New Media Screen Time.“ *Sleep Medicine* 39 (2017): 47–53.

Spánková deprivace jako příčina chronického stresu

McEwen, B. S. „Sleep Deprivation as a Neurobiologic and Physiologic Stressor: Allostasis and Allostatic Load.“ *Metabolism: Clinical and Experimental* 55, č. 10, příl. 2 (2006): S20–S23.

Duševní zdraví a spánek

Centers for Disease Control and Prevention. *Youth Risk Behavior Survey: 2009–2019*. https://www.cdc.gov/healthyyouth/data/yrbs/yrbs_data_summary_and_trends.htm.

Fredriksen, K., J. Rhodes, R. Reddy a N. Way. „Sleepless in Chicago: Tracking the Effects of Adolescent Sleep Loss During the Middle School Years.“ *Child Development* 75, č. 1 (2004): 84–95. doi: 10.1111/j.1467–8624.2004.00655.x.

Liu, X. „Sleep and Adolescent Suicidal Behavior.“ *Sleep* 27, č. 7 (2004): 1351–58.

National Vital Statistics Reports, U.S. Department of Health and Human Services, Centers for Disease Control and Prevention. „State Suicide Rates Among Adolescents and Young Adults Aged 10–24: United States 2000–2018.“ Zář 2020. <https://stacks.cdc.gov/view/cdc/93667>.

Whitmore, L. M. a T. C. Smith. „Isolating the Association of Sleep, Depressive State, and Other Independent Indicators for Suicide Ideation in United States Teenagers.“ *Archives of Suicide Research: Official Journal of the International Academy for Suicide Research* 23, č. 3 (2019): 471–490. doi: 10.1080/13811118.2018.1456992.

Nerovný přístup ke spánku

Curtis, D. S., T. E. Fuller-Rowell, M. El-Sheikh, M. R. Carnethon a C. D. Ryff. „Habitual Sleep as a Contributor to Racial Differences in Cardiometabolic Risk.“ *Proceedings of the National Academy of Sciences of the USA* 114, č. 33 (2017): 8889–94. doi: 10.1073/pnas.1618167114.

Hale, L., W. Troxel a D. J. Buysse. „Sleep Health: An Opportunity for Public Health to Address Health Equity.“ *Annual Review of Public Health* 41, č. 1 (2020): 81–99. doi:10.1146/annurev-publhealth-040119-094412.

Marco, C. A., A. R. Wolfson, M. Sparling a A. Azuaje. „Family Socioeconomic Status and Sleep Patterns of Young Adolescents.“ *Behavioral Sleep Medicine* 10, č. 1 (2011):70–80. doi: 10.1080/15402002.2012.636298.

Rizikové chování a spánek

Centers for Disease Control and Prevention. *Teen Drivers: Get the Facts*. https://www.cdc.gov/motorvehiclesafety/teen_drivers/teendrivert_factsheet.html.

McKnight-Eily, L. R., a kol. „Relationships Between Hours of Sleep and Health-Risk Behaviors in US Adolescent Students.“ *Preventive Medicine* 53, č. 4–5 (2011): 271–73. doi: 10.1016/j.ypmed.2011.06.020.

Winsler, A., A. Deutsch, R. D. Vorona, P. A. Payne a M. Szklo-Coxe. „Sleepless in Fairfax: The Difference One More Hour of Sleep Can Make for Teen Hopelessness, Suicidal Ideation a Substance Use.“ *Journal of Youth and Adolescence* 44, č. 2 (2015): 362–78. doi: 10.1007/s10964-014-0170-3.

Studijní výkon a spánek

Gillen-O'Neel, C., V. W. Huynh a A. J. Fuligni. „To Study or to Sleep? The Academic Costs of Extra Studying at the Expense of Sleep.“ *Child Development* 84, č. 1 (2013): 133–12. doi: 10.1111/j.1467-8624.2012.01834.x.

Spánek dospívajících ve světě

Gariepy, G., a kol. „How Are Adolescents Sleeping? Adolescent Sleep Patterns and Sociodemographic Differences in 24 European and North American Countries.“ *Journal of Adolescent Health* 66, č. 6S (2020): S81–S88. doi: 10.1016/j.jadohealth.2020.03.013.

Loessl, B., a kol. „Are Adolescents Chronically Sleep-Deprived? An Investigation of Sleep Habits of Adolescents in the Southwest of Germany.“ *Child: Care, Health and Development* 34, č. 5 (2008): 549–56. doi: 10.1111/j.1365-2214.2008.00845.x.

Ohida, T., a kol. „An Epidemiologic Study of Self-Reported Sleep Problems Among Japanese Adolescents.“ *Sleep* 27, č. 5 (2004): 978–85. doi:10.1093/sleep/27.5.978.

Olds, T., C. Maher, S. Blunden a L. Matricciani. „Normative Data on the Sleep Habits of Australian Children and Adolescents.“ *Sleep* 33, č. 10 (2010): 1381–88. doi: 10.1093/sleep/33.10.1381.

Yang, C. K., J. K. Kim, S. R. Patel a J. H. Lee. „Age-Related Changes in Sleep/Wake Patterns Among Korean Teenagers.“ *Pediatrics* 115, 1 příl. (2005): 250–56. doi: 10.1542/peds.2004-0815G.

Rozeznávání potíží se spánkem

National Institute on Drug Abuse. *Monitoring the Future Study: Trends in Prevalence of Various Drugs for 8th Graders, 10th Graders, and 12th Graders (2017–2020)*. <https://www.drugabuse.gov/drug-topics/trends-statistics/monitoring-future/monitoring-future-study-trends-in-prevalence-various-drugs>.

National Sleep Foundation. *Communications Technology in the Bedroom*. 2011 Sleep in America poll. https://www.sleepfoundation.org/wp-content/uploads/2018/10/SIAP_2011_Summary_of_Findings.pdf.

Short, M. A., M. Gradisar, J. Gill a D. Camfferman. „Identifying Adolescent Sleep Problems.“ *PLoS One* 8, č. 9 (2013): e75301.

Dřívější, rodiči stanovená večerka a spánek

Gangwisch, J. E., a kol. „Earlier Parental Set Bedtimes as a Protective Factor Against Depression and Suicidal Ideation.“ *Sleep* 33, č. 1 (2010): 97–106. doi: 10.1093/sleep/33.1.97.

Sportovci a spánek

Mah, C. D., K. E. Mah, E. J. Kezirian a W. C. Dement. „The Effects of Sleep Extension on the Athletic Performance of Collegiate Basketball Players.“ *Sleep* 34, č. 7 (2011): 943–50. doi: 10.5665/SLEEP.1132.

Reyner, L. A. a J. A. Horne. „Sleep Restriction and Serving Accuracy in Performance Tennis Players, and Effects of Caffeine.“ *Physiology & Behavior* 120 (2013): 93–96. doi:10.1016/j.physbeh.2013.07.002.

Schwartz, J. a R. D. Simon Jr. „Sleep Extension Improves Serving Accuracy: A Study with College Varsity Tennis Players.“ *Physiology & Behavior* 151 (2015): 541–44. doi:10.1016/j.physbeh.2015.08.035.

Inspirace pro úlohu technologií v naší budoucnosti

Adachi-Mejia, A. M., P. M. Edwards, D. Gilbert-Diamond, G. P. Greenough a A. L. Olson. „TXT Me I'm Only Sleeping: Adolescents with Mobile Phones in Their Bedroom.“ *Family & Community Health* 37, č. 4 (2014): 252–57. doi: 10.1097/FCH.0000000000000044.

2. ZÁKLADNÍ VÝŽIVA MOZKU DOSPÍVAJÍCÍHO ČLOVĚKA

Změny v mozku a spánek

Bourgeois, J. P. a P. Rakic. „Changes of Synaptic Density in the Primary Visual Cortex of the Macaque Monkey from Fetal to Adult Stage.“ *Journal of Neuroscience* 13, č. 7 (1993): 2801–20. doi: 10.1523/JNEUROSCI.13-07-02801.1993.

- Buchmann, A., a kol. „EEG Sleep Slow-Wave Activity as a Mirror of Cortical Maturation.“ *Cerebral Cortex* 21, č. 3 (2011): 607–15. doi: 10.1093/cercor/bhq129.
- Dahl, R. E. a M. El-Sheikh. „Considering Sleep in a Family Context: Introduction to the Special Issue.“ *Journal of Family Psychology* 21, č. 1 (2007): 1–3. doi: 10.1037/0893-3200.21.1.1.
- Frank, M. G., N. P. Issa a M. P. Stryker. „Sleep Enhances Plasticity in the Developing Visual Cortex.“ *Neuron* 30, č. 1 (2001): 275–87. doi: 10.1016/s0896-6273(01)00279-3.
- Galván, A. „The Need for Sleep in the Adolescent Brain.“ *Trends in Cognitive Sciences* 24, č. 1 (2020): 79–89. doi: 10.1016/j.tics.2019.11.002.
- Hagenauer, M. H. a T. M. Lee. „Adolescent Sleep Patterns in Humans and Laboratory Animals.“ *Hormones and Behavior* 64, č. 2 (2013): 270–79. doi: 10.1016/j.yhbeh.2013.01.013.
- Jalbrzikowski, M., a kol. „Associations Between Brain Structure and Sleep Patterns Across Adolescent Development.“ *Sleep* 44, č. 10 (2021): zsab120. doi: 10.1093/sleep/zsab120.
- Shaffery, J. P., J. Lopez, G. Bissette a H. P. Roffwarg. „Rapid Eye Movement Sleep Deprivation in Post-Critical Period, Adolescent Rats Alters the Balance Between Inhibitory and Excitatory Mechanisms in Visual Cortex.“ *Neuroscience Letters* 393, č. 2–3 (2006): 131–35. doi: 10.1016/j.neulet.2006.09.051.
- Tarokh, L. a M. A. Carskadon. „Developmental Changes in the Human Sleep EEG During Early Adolescence.“ *Sleep* 33, č. 6 (2010): 801–809. doi:10.1093/sleep/33.6.801.

Spánek a duševní zdraví

- Balocchini, E., G. Chiamenti a A. Lamborghini. „Adolescents: Which Risks for Their Life and Health?“ *Journal of Preventive Medicine and Hygiene* 54, č. 4 (2013): 191–94. <https://pubmed.ncbi.nlm.nih.gov/24779278/>.
- Gregory, A. M., F. V. Rijsdijk, J. Y. Lau, R. E. Dahl a T. C. Eley. „The Direction of Longitudinal Associations Between Sleep Problems and Depression Symptoms: A Study of Twins Aged 8 and 10 Years.“ *Sleep* 32, č. 2 (2009): 189–99. doi: 10.1093/sleep/32.2.189.
- Guzman-Marin, R., T. Bashir, N. Suntsova, R. Szymusiak a D. McGinty. „Hippocampal Neurogenesis Is Reduced by Sleep Fragmentation in the Adult Rat.“ *Neuroscience* 148, č. 1 (2007): 325–33. doi: 10.1016/j.neuroscience.2007.05.030.
- Harvard Health Publishing. „Sleep and Mental Health.“ August 17, 2021. https://www.health.harvard.edu/newsletter_article/sleep-and-mental-health.
- Krause, A. J., a kol. „The Sleep-Deprived Human Brain.“ *Nature Reviews Neuroscience* 18, č. 7 (2017): 404–18. doi: 10.1038/nrn.2017.55.
- Talbot, L. S., E. L. McGlinchey, K. A. Kaplan, R. E. Dahl a A. G. Harvey. „Sleep Deprivation in Adolescents and Adults: Changes in Affect.“ *Emotion* 10, č. 6 (2010): 831–41. doi: 10.1037/a0020138.
- Yoo, S. S., N. Gujar, P. Hu, F. A. Jolesz a M. P. Walker. „The Human Emotional Brain Without Sleep – A Prefrontal Amygdala Disconnect.“ *Current Biology* 17, č. 20 (2007): R877–R878. doi: 10.1016/.cub.2007.08.007.

Spánek a rizikové chování

- Braams, B. R., A. C. van Duijvenvoorde, J. S. Peper a E. A. Crone. „Longitudinal Changes in Adolescent Risk-Taking: A Comprehensive Study of Neural Responses to Rewards, Pubertal Development, and Risk-Taking Behavior.“ *Journal of Neuroscience* 35, č. 18 (2015): 7226–38. doi: 10.1523/JNEUROSCI.4764-14.2015.
- Chein, J., D. Albert, L. O'Brien, K. Uckert a L. Steinberg. „Peers Increase Adolescent Risk Taking by Enhancing Activity in the Brain's Reward Circuitry.“ *Developmental Science* 14, č. 2 (2011): F1–F10. doi: 10.1111/j.1467-7687.2010.01035.x.
- Guzman-Marin, R., T. Bashir, N. Suntsova, R. Szymusiak a D. McGinty. „Hippocampal Neurogenesis Is Reduced by Sleep Fragmentation in the Adult Rat.“ *Neuroscience* 148, č. 1 (2007): 325–33. doi: 10.1016/j.neuroscience.2007.05.030.
- Telzer, E. H., A. J. Fuligni, M. D. Lieberman a A. Galván. „The Effects of Poor Quality Sleep on Brain Function and Risk Taking in Adolescence.“ *NeuroImage* 71 (2013): 275–83. doi: 10.1016/j.neuroimage.2013.01.025.
- Weaver, M. D., L. K. Barger, S. K. Malone, L. S. Anderson a E. B. Klerman. „Dose-Dependent Associations Between Sleep Duration and Unsafe Behaviors Among US High School Students.“ *JAMA Pediatrics* 172, č. 12 (2018): 1187–89. doi: 10.1001/jamapediatrics.2018.2777.

3. SPÁNEK DOSPÍVAJÍCÍCH

Klasické studie o spánku dospívajících

- Carskadon, M. A., a kol. „Pubertal Changes in Daytime Sleepiness.“ *Sleep* 2, č. 4 (1980): 453–60. doi: 10.1093/sleep/2.4.453.
- Carskadon, M. A., A. R. Wolfson, C. Acebo, O. Tzischinsky a R. Seifer. „Adolescent Sleep Patterns, Circadian Timing a Sleepiness at a Transition to Early School Days.“ *Sleep* 21, č. 8 (1998): 871–81. doi: 10.1093/sleep/21.8.871.
- Dement, W. C. *The Promise of Sleep*. New York: Dell, 2000.

„Dokonalá bouře“

- Carskadon, M. A. „Sleep in Adolescents: The Perfect Storm.“ *Pediatric Clinics of North America* 58, č. 3 (2011): 637–47. doi: 10.1016/j.pcl.2011.03.003.
- Crowley, S. J., A. R. Wolfson, L. Tarokh a M. A. Carskadon. „An Update on Adolescent Sleep: New Evidence Informing the Perfect Storm Model.“ *Journal of Adolescence* 67 (2018): 55–65. doi: 10.1016/j.adolescence.2018.06.001.

Další studie o potřebě spánku a spánkových vzorcích dospívajících

- Carskadon, M. A., C. Acebo a R. Seifer. „Extended Nights, Sleep Loss, and Recovery Sleep in Adolescents.“ *Archives Italiennes de Biologie* 139, č. 3 (2001): 301–12.
- Challenge Success and NBC News. *Kids Under Pressure: A Look at Student Well-Being and Engagement During the Pandemic*. Únor 2021. <https://challengesuccess.org/wp-content/uploads/2021/02/CS-NBC-Study-Kids-Under-Pressure-PUBLISHED.pdf>.
- Fuligni, A. J., S. Bai, J. L. Krull a N. A. Gonzales. „Individual Differences in Optimum Sleep for Daily Mood During Adolescence.“ *Journal of Clinical Child & Adolescent Psychology* 48, č. 3 (2019): 469–79. doi: 10.1080/15374416.2017.1357126.

- Jones, J. M. „In U.S., 40% Get Less Than Recommended Amount of Sleep.“ Gallup, 13. prosinec 2019. <https://news.gallup.com/poll/166553/less-recommended-amount-sleep.aspx>.
- Keyes, K. M., J. Maslowsky, A. Hamilton a J. Schulenberg. „The Great Sleep Recession: Changes in Sleep Duration Among US Adolescents, 1991–2012.“ *Pediatrics* 135, č. 3 (2015): 460–68. doi: 10.1542/peds.2014–2707.
- National Sleep Foundation, 2006 *Sleep in America*. National Sleep Foundation Poll. <https://www.sleepfoundation.org/professionals/sleep-america-polls/2006-teens-and-sleep>.

Změny ve spánkových hodinách dospívajících

- Crowley, S. J., S. W. Cain, A. C. Burns, C. Acebo a M. A. Carskadon. „Increased Sensitivity of the Circadian System to Light in Early/Mid-Puberty.“ *Journal of Clinical Endocrinology & Metabolism* 100, č. 11 (2015): 4067–73. doi: 10.1210/jc.2015–2775.
- Hagenauer, M. H., J. I. Perryman, T. M. Lee a M. A. Carskadon. „Adolescent Changes in the Homeostatic and Circadian Regulation of Sleep.“ *Developmental Neuroscience* 31, č. 4 (2009): 276–84. doi: 10.1159/000216538.

Optimální vs. adekvátní spánek

- McKnight-Eily, L. R., a kol. „Relationships Between Hours of Sleep and Health-Risk Behaviors in US Adolescent Students.“ *Preventive Medicine* 53, č. 4–5 (2011): 271–73. doi: 10.1016/j.ypmed.2011.06.020.

Příroda, táboření a vystavení umělému osvětlení

- de la Iglesia, H. O., a kol. „Access to Electric Light Is Associated with Shorter Sleep Duration in a Traditionally Hunter-Gatherer Community.“ *Journal of Biological Rhythms* 30, č. 4 (2015): 342–50. doi: 10.1177/0748730415590702.
- Stothard, E. R., a kol. „Circadian Entrainment to the Natural Light-Dark Cycle Across Seasons and the Weekend.“ *Current Biology* 27, č. 4 (2017): 508–513. doi: 10.1016/j.cub.2016.12.041.

Jet lag

- Ben-Hamo, M., a kol. „Circadian Forced Desynchrony of the Master Clock Leads to Phenotypic Manifestation of Depression in Rats.“ *eNeuro* 3, č. 6 (2017): ENEURO.0237–16.2016.

Pravidelnost je stejně důležitá jako množství

- Fang, Y., D. B. Forger, E. Frank, S. Sen a C. Goldstein. „Day-to-Day Variability in Sleep Parameters and Depression Risk: a Prospective Cohort Study of Training Physicians.“ *npj Digital Medicine* 4 (2021): článek č. 28.

Narušení cirkadiálních hodin u myši

- Karatsoreos, I. N., S. Bhagat, E. B. Bloss, J. H. Morrison a B. S. McEwen. „Disruption of Circadian Clocks Has Ramifications for Metabolism, Brain a Behavior.“ *Proceedings of the National Academy of Sciences of the USA* 108, č. 4 (2011): 1657–62. doi:10.1073/pnas.1018375108.

Odpolední výuka vede ke snížení jet lagu a delšímu spánku

- Carvalho-Mendes, R. P., G. P. Dunster, H. O. de la Iglesia a L. Menna-Barreto. „Afternoon School Start Times Are Associated with a Lack of Both Social Jetlag and Sleep Deprivation in Adolescents.“ *Journal of Biological Rhythms* 35, č. 4 (2020): 377–90. doi: 10.1177/0748730420927603.

Sociální jet lag a obezita

- Roenneberg, T., K. V. Allebrandt, M. Meroow a C. Vetter. „Social Jetlag and Obesity.“ *Current Biology* 22, č. 10 (2012): 939–43. doi: 10.1016/j.cub.2012.03.038.

Potřeba spánku a riziko u dospívajících

- Colrain, I. M. a F. C. Baker. „Changes in Sleep as a Function of Adolescent Development.“ *Neuropsychology Review* 21, č. 1 (2011): 5–21. doi: 10.1007/s11065-010-9155-5.

Spánek v období pandemie

- Wright, K. P., a kol. „Sleep in University Students Prior to and During COVID-19 Stay-at-Home Orders.“ *Current Biology* 30, č. 14 (2020): R797–R798. doi: 10.1016/j.cub.2020.06.022.

4. OBRAZOVKY, DOSPÍVAJÍCÍ A CHYBĚJÍCÍ ČLÁNEK

Souvislost mezi sledováním obrazovek a duševním zdravím

- Liu, S., a kol. „The Associations of Long-Time Mobile Phone Use with Sleep Disturbances and Mental Distress in Technical College Students: A Prospective Cohort Study.“ *Sleep* 42, č. 2 (2019): zsy213. doi: 10.1093/sleep/zsy213.
- Twenge, J. M., T. E. Joiner, M. L. Rogers a G. N. Martin. „Increases in Depressive Symptoms, Suicide-Related Outcomes, and Suicide Rates Among U.S. Adolescents After 2010 and Links to Increased New Media Screen Time.“ *Clinical Psychological Science* 6, č. 1 (2018): 3–17. doi: 10.1177/2167702617723376.
- Twenge, J. M., G. N. Martin a W. K. Campbell. „Decreases in Psychological Well-Being Among American Adolescents After 2012 and Links to Screen Time During the Rise of Smartphone Technology.“ *Emotion* 18, č. 6 (2018): 765–80. doi: 10.1037/emo0000403.
- Royal Society for Public Health. „#StatusofMind,“ květen 2017. <https://www.rsph.org.uk/our-work/campaigns/status-of-mind.html>.

Obrazovky a spánek

- Bartel, K., R. Scheeren a M. Gradisar. „Altering Adolescents' Pre-Bedtime Phone Use to Achieve Better Sleep Health.“ *Journal of Health Communication* 34, no. 4 (2019): 456–62. doi: 10.1080/10410236.2017.1422099.
- Cajochen, C., a kol. „Evening Exposure to a Light-Emitting Diodes (LED)–Backlit Computer Screen Affects Circadian Physiology and Cognitive Performance.“ *Journal of Applied Physiology* 110, č. 5 (2011): 1432–38. doi: 10.1152/jappphysiol.00165.2011.
- Carter, B., P. Rees, L. Hale, D. Bhattacharjee a M. S. Paradkar. „Association Between Portable Screen-Based Media Device Access or Use and Sleep Outcomes:

A Systematic Review and Meta-Analysis.“ *JAMA Pediatrics* 170, č. 12 (2016): 1202–208. doi: 10.1001/jamapediatrics.2016.2341.

Leonard, H., A. Khurana a M. Hammond. „Bedtime Media Use and Sleep: Evidence for Bidirectional Effects and Associations with Attention Control in Adolescents.“ *Sleep Health* 7, č. 4 (2021): 491–99. doi: 10.1016/j.sleh.2021.05.003.

Twenge, J. M., Z. Krizan a G. Hisler. „Decreases in Self-Reported Sleep Duration Among U.S. Adolescents 2009–2015 and Association with New Media Screen Time.“ *Sleep Medicine* 39 (2017): 47–53. doi: 10.1016/j.sleep.2017.08.013.

Van der Lely, S., a kol. „Blue Blocker Glasses as a Countermeasure for Alerting Effects of Evening Light-Emitting Diode Screen Exposure in Male Teenagers.“ *Journal of Adolescent Health* 56, č. 1 (2015): 113–19. doi: 10.1016/j.jadohealth.2014.08.002.

Italská studie během COVID-19

Robb, M. B. *The New Normal: Parents, Teens, Screens a Sleep in the United States*. San Francisco: Common Sense Media, 2019. <https://www.commonsensemedia.org/sites/default/files/uploads/research/2019-new-normal-parents-teens-screens-and-sleep-united-states.pdf>.

Salfi, F., a kol. „Changes of Evening Exposure to Electronic Devices During the COVID-19 Lockdown Affect the Time Course of Sleep Disturbances.“ *Sleep* 44, č. 9 (2021): zsab080. doi: 10.1093/sleep/zsab080.

Miminka, malé děti, obrazovky a spánek

Garrison, M. M., K. Liekweg a D. A. Christakis. „Media Use and Child Sleep: The Impact of Content, Timing a Environment.“ *Pediatrics* 128, č. 1 (2011): 29–35. doi:10.1542/peds.2010–3304.

Vijakkhana, N., T. Wilaisakditipakorn, K. Ruedeekhajorn, C. Pruksananonda a W. Chonchaiya. „Evening Media Exposure Reduces Night-Time Sleep.“ *Acta Paediatrica* 104, č. 3 (2015): 306–12. doi: 10.1111/apa.12904.

COVID a fyzická aktivita

Schmidt, S., a kol. „Physical Activity and Screen Time of Children and Adolescents Before and During the COVID-19 Lockdown in Germany: A Natural Experiment.“ *Scientific Reports* 10 (2020): article č. 21780. doi: 10.1038/s41598–02078438–4.

5. RANNÍ ZAČÁTEK VÝUKY A PŘÍLIŠNÁ STUDIJNÍ ZÁTĚŽ

Výpovědi před školskou radou a osobní příběhy rodičů a studentů z okresu Fairfax jsou k dispozici na <http://www.sleepinfairfax.org/stories.htm>.

Winsler, A., A. Deutsch, R. D. Vorona, P. A. Payne a M. Szklo-Coxe. „Sleepless in Fairfax: The Difference One More Hour of Sleep Can Make for Teen Hopelessness, Suicidal Ideation, and Substance Use.“ *Journal of Youth and Adolescence* 44, č. 2 (2015): 362–78. doi: 10.1007/s10964–014–0170–3.

Dojíždění do školy

Voulgaris, C. T., M. J. Smart a B. Taylor. „Tired of Commuting? Relationships Among Journeys to School, Sleep a Exercise Among American Teenagers.“ *Journal of Planning Education and Research* 39 (2017): 142–154.

Studie zaměřené na pozdější začátek vyučování

Carskadon, M. A., A. R. Wolfson, C. Acebo, O. Tzischinsky a R. Seifer. „Adolescent Sleep Patterns, Circadian Timing a Sleepiness at a Transition to Early School Days.“ *Sleep* 21, č. 8 (1998): 871–81. <https://doi.org/10.1093/sleep/21.8.871>.

Dunster, G. P., S. J. Crowley, M. A. Carskadon a H. O. de la Iglesia. „What Time Should Middle and High School Students Start School?“ *Journal of Biological Rhythms* 34, č. 6 (2019): 576–78. doi: 10.1177/0748730419892118.

Wahlstrom, K. „Changing Times: Findings from the First Longitudinal Study of Later High School Start Times.“ *NASSP Bulletin* 86, č. 633 (2002): 3–21. doi: 10.1177/019263650208663302.

Wahlstrom, K. L., a kol. *Examining the Impact of Later School Start Times on the Health and Academic Performance of High School Students: A Multi-Site Study*. Center for Applied Research and Educational Improvement, University of Minnesota, 2014. https://www.spps.org/cms/lib010/MN01910242/Centricity/Domain/7352/final_version_3-11-14_start_time_report.pdf.

Widome, R., a kol. „Association of Delaying School Start Time with Sleep Duration, Timing, and Quality Among Adolescents.“ *JAMA Pediatrics* 174, č. 7 (2020): 697–704. doi:10.1001/jamapediatrics.2020.0344.

Řízení auta a spánek

Bin-Hasan, S., K. Kapur, K. Rakesh a J. Owens. „School Start Time Change and Motor Vehicle Crashes in Adolescent Drivers.“ *Journal of Clinical Sleep Medicine* 16, č. 3 (2020): 371–76.

Mawson, A. R. a E. K. Walley. „Toward an Effective Long-Term Strategy for Preventing Motor Vehicle Crashes and Injuries.“ *International Journal of Environmental Research and Public Health* 11, č. 8 (2014): 8123–36. doi: 10.3390/ijerph110808123.

Vorona, R. D., a kol. „Dissimilar Teen Crash Rates in Two Neighboring Southeastern Virginia Cities with Different High School Start Times.“ *Journal of Clinical Sleep Medicine* 7, č. 2 (2011): 145–51.

Wahlstrom, K. L., a kol. *Examining the Impact of Later School Start Times on the Health and Academic Performance of High School Students: A Multi-Site Study*. Center for Applied Research and Educational Improvement, University of Minnesota, 2014. https://www.spps.org/cms/lib010/MN01910242/Centricity/Domain/7352/final_version_3-11-14_start_time_report.pdf.

Známky, učení a bdělost; učení a denní doba

Galloway, M., J. Conner a D. Pope. „Nonacademic Effects of Homework in Privileged, High-Performing High Schools.“ *Journal of Experimental Education* 81, č. 4 (2013): 490–510. doi: 10.1080/00220973.2012.745469.

Lo, J. C., J. L. Ong, R. L. Leong, J. J. Gooley a M. W. Chee. „Cognitive Performance, Sleepiness a Mood in Partially Sleep Deprived Adolescents: The Need for Sleep Study.“ *Sleep* 39, č. 3 (2016): 687–98. doi: 10.5665/sleep.5552.

Lufi, D., O. Tzischinsky a S. Hadar. „Delaying School Starting Time by One Hour: Some Effects on Attention Levels in Adolescents.“ *Journal of Clinical Sleep Medicine* 7, č. 2 (2011): 137–43.

Wolfson, A. R. a M. A. Carskadon. „Sleep Schedules and Daytime Functioning in Adolescents.“ *Child Development* 69, č. 4 (1998): 875–87.

Wolfson, A. R. a M. A. Carskadon. „Understanding Adolescents’ Sleep Patterns and School Performance: A Critical Appraisal.“ *Sleep Medicine Reviews* 7, č. 6 (2003): 491–506. doi: 10.1016/s1087-0792(03)90003-7.

Základní školy

Meltzer, L. J., K. L. Wahlstrom, A. E. Plog a M. J. Strand. „Changing School Start Times: Impact on Sleep in Primary and Secondary School Students.“ *Sleep* 44, č. 7 (2021):zsab048. doi: 10.1093/sleep/zsab048.

Ekonomické a sociální přínosy pozdějšího začátku vyučování

Hafner, M., M. Stepanek a W. M. Troxel. „Later School Start Times in the U.S.: An Economic Analysis.“ RAND Corporation, Santa Monica, California, 2017. https://www.rand.org/pubs/research_reports/RR2109.html.

Jacob, B. A. a J. E. Rockoff. *Organizing Schools to Improve Student Achievement: Start Times, Grade Configurations, and Teacher Assignments*. Brookings Institution, 27. září 2011.

Wolfson, A. R. a M. A. Carskadon. „A Survey of Factors Influencing High School Start Times.“ *NASSP Bulletin* 89, č. 642 (2005): 47–66. doi: 10.1177/019263650508964205.

Krátký spánek a zdřímnutí během dne

Lo, J. C., a kol. „Neurobehavioral Impact of Successive Cycles of Sleep Restriction With and Without Naps in Adolescents.“ *Sleep* 40, č. 2 (2017): zsw042. <https://doi.org/10.1093/sleep/zsw042>.

Dikker, S., a kol. „Morning Brain: Real-World Neural Evidence That High School Class Times Matter.“ *Social Cognitive and Affective Neuroscience* 15, č. 11 (2020): 1193–202. doi: 10.1093/scan/nsaa142.

Výrazně pozdější začátek výuky a jeho efekt

Kelley, P., S. W. Lockley, J. Kelley a M. Evans. „Is 8:30 a.m. Still Too Early to Start School? A 10:00 a.m. School Start Time Improves Health and Performance of Students Aged 13–16.“ *Frontiers in Human Neuroscience* 11 (2017): 588. doi: 10.3389/fnhum.2017.00588.