

THE FAR-REACHING EFFECTS OF SLEEP INSUFFICIENCY IN ADOLESCENTS

Attention	School Performance	Mood	Behavior	Health and Safety
Lower Attention and Alertness	Lower Attendance/Higher Truancy	Impulsivity	Aggression and Violent behaviors	Increased Car Crash Rates
Less Retention of Information	More Tardiness	Irritability/- Mood Lability	Increased Substance Use	More Athletic Injuries and Slower Healing
Reduced Information Processing	Higher Drop-Out Rate	Lower Tolerance for Frustration	Lower Emotional Intelligence	Eating Disorders, Obesity, Diabetes Risk
Worse Problem-Solving	Worse Grades	More Depression/- Suicidal Ideation	More TV Watching, Less Physical Activity	Long-term Risk of Cancer, Heart Disease, & Stroke
Poorer Decision-Making	Lower Test Scores	More Stress and Anxiety	High-Risk Sexual Activity	Increased Multiple Sclerosis Risk