

# SLEEP NEEDS, PATTERNS, AND DIFFICULTIES OF ADOLESCENTS

**SUMMARY OF A WORKSHOP**

*Forum on Adolescence*

*Mary G. Graham, Editor*

Board on Children, Youth, and Families  
Commission on Behavioral and Social Sciences and Education

National Research Council  
and  
Institute of Medicine

NATIONAL ACADEMY PRESS  
Washington, D.C.

# Sleep Needs Patterns And Difficulties Of Adolescents

## Summary Of A Workshop

**Roman Wölfel**



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