

Chronotype

O1 - To characterize chronotypes, by age and gender, in a sample of the school population

Social jetlag

O2 - To characterize the social jet-lag produced by the mismatch between internal and external time

Health

O3 - To measure the effects of the (mis)match on health parameters

Learning

O4 - To measure the effects of the (mis)match on learning (cognitive status and skills)

Time use

O5 - To measure the effects of the (mis)match on time use distribution

Well-being

O6 - To measure the effects of the (mis)match on well-being

O7 – Assess what type of schedule works better in terms of children’s health, learning and well-being

Compare



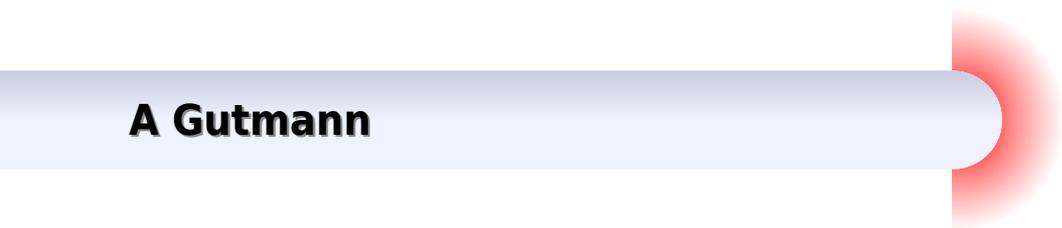
O8 – Based on protocol results it will be designed a student-centred school schedule

Propose



The Kairos Effect A Biological Approach To Social Problems

A Gutmann



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