

Teenagers Who Don't Get Enough Sleep at Higher Risk for Mental Health Problems

July 17, 2015

Scientific American:

Many studies have examined the effects of sufficient versus insufficient sleep on mental health. A new study, published in February in the *Journal of Youth and Adolescence*, takes a more nuanced look, attempting to determine just how much each hour less per night really costs—where teenagers are concerned.

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These correlational findings do not prove that lack of sleep is causing these problems. Certainly the reverse can be true: depression and anxiety can cause insomnia. “But the majority of the research evidence supports the causal direction being lack of sleep leading to problems rather than the other way around,” says study co-author Adam Winsler, a psychology professor at George Mason University.

Read the whole story: [Scientific American](#)