Sleep Studies

National Sleep Foundation  
Sleep is food for the brain. During sleep, important body functions and brain activity occur.  
(A great chart for recommended sleeping hours for all ages)

Nationwide Childrens  

Developmental Changes in the Human Sleep EEG During Early Adolescence

Objective Sleep Characteristics and Cardiometabolic Health in Young Adolescents

Sleep duration and incidence of obesity in infants, children, and adolescents: a systematic review and meta-analysis of prospective studies

Teenage Girls Report Higher Impact Of Sleepiness During School And Personal Activities Than Teenage Boys

Later Start, Longer Sleep: Implications of Middle School Start Times.

High school start times after 8:30 am are associated with later wake times and longer time in bed among teens in a national urban cohort study.

Sociodemographic and behavioral predictors of bed time and wake time among US adolescents aged 15 to 17 years.