Today’s piece was prepared by Alex Patel, MD, based on a CNN article “Doctors: Early school start times unhealthy for students”.

<http://www.cnn.com/2014/08/28/health/school-start-times/index.html>

A teenager sleeping on a school desk – a common phenomenon.  Yet, as a CNN health article highlights, this underlies a serious public health concern about adolescent sleep deprivation.  The author adds immediate validity to the article by stating the American Academy of Pediatrics’ recommendation about later school start times, 08:30am.  Furthermore, the article cites several studies and reports: a report from *Pediatrics* about sleep-deprived teenager eating behavior, studies from Kentucky and Virginia about decreased teen-related motor vehicle accidents with later school start times, and a study linking lack of sleep with increased rates of depression.

At first, the persuasiveness of the article lies in advocacy for our adolescents but the author highlights a public health benefit as well; safety on a road shared with half-awake teenagers. The strength of this article lies not only in the proven health risks of lack of sleep but also with the seemingly concrete solution – getting schools to abide by the new AAP suggested time, a feat only achieved by 14% of public schools.

The author strategically offers a concrete solution prior to mentioning key logistic issues about implementing a later start time. Additionally, the author does not mention the necessity of controlling bedtimes, screen use, and sleep hygiene until the end of article. This is a clear benefit of using the inverted pyramid structure in journalism, in which key information and conclusions are presented first, while readers are engaged. By initially referencing studies and public health implications, readers can be lobbied to a stance prior to considering key flaws in a journalistic report.

**RESOURCES ON SLEEP:**

NIH Guide to Healthy Sleep <http://www.nhlbi.nih.gov/files/docs/public/sleep/healthy_sleep.pdf>

*Mostly directed to adults*

National Sleep Foundation <http://sleepfoundation.org/>

And that’s today’s Developmental & Behavioral Pediatrics: IN THE NEWS!  
  
**OTHER RESOURCES:**

Original 2010 CNN Article about Sleep Deprivation and Depression <http://www.cnn.com/2010/HEALTH/06/09/sleep.deprivation.depression/>

AAP Technical Report: AAP: Insufficient sleep among adolescents a public health issue *features Judy Owens, MD (Pediatric sleep expert)*

<http://www.healio.com/pediatrics/adolescent-medicine/news/online/%7B3929cc68-1f0f-490d-980d-d7c883695d6b%7D/aap-insufficient-sleep-among-adolescents-a-public-health-issue>