Sleep and Mental Health in the News:

- [Teens and Sleep: The Cost of Sleep Deprivation](https://www.childmind.org/blog/2019/04/teens-and-sleep-the-cost-of-sleep-deprivation)
  *Child Mind Institute*

- [Want to prevent teen mental health problems? Let them sleep](https://www.philly.com/phila/news/health/2019/04/18/Want-to-prevent-teen-mental-health-problems-let-them-sleep/)
  *The Philadelphia Inquirer*

- [Sleepy students, listen up: Bill to test later start times at NJ schools moves forward](https://www.northjersey.com/news/local/2019/04/18/sleepy-students-listen-up-bill-to-test-later-start-times-at-nj-schools-moves-forward/)
  *Northjersey.com*

  *NPR*

  *US News & World Report*

Provider Resources

- Article: [The Prospective Association between Sleep and Initiation of Substance Use in Young Adolescents](https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5117352/)
- Article: [The Prospective Association between Sleep Deprivation and Depression among Adolescents](https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3839616/)
- Center on Media and Child Health: [Anticipatory Guidance: Media and Sleep](https://www.mediacenter.harvard.edu/anticipatory-guidance-media-sleep)
- Harvard Medical School: [Sleep and Mental Health](https://www.betterhelp.com/sleep/)
Family Resources

- AAP: Sleep Tips for Your Family's Mental Health
- Child Mind Institute: How to Help Teenagers Get More Sleep
- Psychology Today: What Modern Science Says About Teen Sleep
- Cleveland Clinic: Adolescent Sleep Tips
- Johns Hopkins: Teens and Sleep Hygiene

Get Involved: NJAAP Task Force on Adolescent Sleep & School Start Times

On March 4th, the Senate Education Committee voted to advance a bill to launch a pilot program that would introduce later start times in high schools in five New Jersey school districts for a four year period of time, and assess health, academic and safety benefits, along with potential negative impacts on school districts and families.

The NJAAP Adolescent Health Committee recently established a task force to support later school start times that would allow students to receive 8.5 to 9.5 hours of sleep a night, chaired by Dr. Bert Mandelbaum. If you are interested in joining the task force and assisting in these efforts, please contact Marcela Betzer by phone at (609) 842-0014 or by email at mbetzer@njaap.org.

Community Resource Spotlight: National Sleep Foundation (NSF)

The National Sleep Foundation (NSF) is a U.S. nonprofit organization that promotes public understanding of sleep and sleep disorders. The mission of NSF is to improve health and well-being through sleep education and advocacy. As the global voice for sleep health, National Sleep Foundation's priority goals are to ensure that: sleep is used as a vital sign of health by medical professionals and the public; the biological sleep/wake process is common knowledge; workplaces, schools, homes and transportation infrastructures are designed to be sleep-friendly; and sleep science is rapidly incorporated into products and services.

New Jersey sleep centers, sleep medicine professionals, and sleep dental professionals may be located in the NSF directory.

For more information, visit www.sleepfoundation.org or call (703) 243-1697.

Upcoming Webinars:

“The Impact of Sleep on Mental Health and Well-Being in Children and Adolescents”

Lewis Milrod, MD
Thursday, May 9, 2019, 12:00 to 1:00 PM
Click HERE to Register

“Addressing the Mental Health Needs of LGBTQ Youth in Pediatric Primary Care”

Warren Seigel, MD
Recent Webinars:

“Coding for Mental-Behavioral Health Screening and Collaborative Care”
Chuck Scott, MD and Sherry Barron-Seabrook, MD
Tuesday, March 19, 2019, 12:30 to 1:30 PM
Click HERE for recording

Ramon Solhkhah, MD and Cathy Butler-Witt, MA, BSW, NCTTP, CTTS
Tuesday, April 9, 2019 12:00 – 1:00 PM
Click HERE for recording

(Additional webinars may be found at the same link above)