

## References: Diversity

1. Hiscock, H., & Davey, M. J. (2018). Sleep disorders in infants and children. *Journal of paediatrics and child health*, 54(9), 941-944.
2. Hong, H., Maloney, M. A., Keens, T. G., & Perez, I. A. (2018). Sleep in Infants. *American journal of respiratory and critical care medicine*, 198(8), P15-P16.
3. van der Heijden, K. B., Vermeulen, M. C., Donjacour, C. E., Gordijn, M. C., Hamburger, H. L., Meijer, A. M., ... & Weysen, T. (2018). Chronic sleep reduction is associated with academic achievement and study concentration in higher education students. *Journal of sleep research*, 27(2), 165-174.
4. [https://www.cdc.gov/sleep/data\\_statistics.html](https://www.cdc.gov/sleep/data_statistics.html) More than 2/3rd of highschool reported getting less than 8 hours of sleep on a schoolnight
5. Saccomano, S. J. (2014). Sleep disorders in older adults. *Journal of Gerontological Nursing*, 40(3), 38-45.
6. Nisbet, L. C., Phillips, N. N., Hoban, T. F., & O'Brien, L. M. (2015). Characterization of a sleep architectural phenotype in children with Down syndrome. *Sleep and Breathing*, 19(3), 1065-1071.
7. Krause, A. J., Prather, A. A., Wager, T. D., Lindquist, M. A., & Walker, M. P. (2019). The pain of sleep loss: A brain characterization in humans. *Journal of Neuroscience*, 39(12), 2291-2300.
8. Aubin, S., Jennum, P., Nielsen, T., Kupers, R., & Ptito, M. (2018). Sleep structure in blindness is influenced by circadian desynchrony. *Journal of sleep research*, 27(1), 120-128.
9. BaHammam, A. S., Almushailhi, K., Pandi-Perumal, S. R., & Sharif, M. M. (2014). Intermittent fasting during Ramadhan: does it affect sleep?. *Journal of sleep research*, 23(1), 35-43.
10. Ellison, C., Deangelis, R., Hill, T., & Froese, P. (2019). Sleep quality and the stress-buffering role of religious involvement: A mediated moderation analysis. *Journal for the Scientific Study of Religion*, 58(1), 251-268.
11. Stamatakis, K. A., Kaplan, G. A., & Roberts, R. E. (2007). Short sleep duration across income, education, and race/ethnic groups: population prevalence and growing disparities during 34 years of follow-up. *Annals of epidemiology*, 17(12), 948-955.
12. Yip, T., Cheon, Y. M., Wang, Y., Cham, H., Tryon, W., & El-Sheikh, M. (2019). Racial disparities in sleep: Associations with discrimination among ethnic/racial minority adolescents. *Child development*.

13. Cunningham, T. J., Wheaton, A. G., Ford, E. S., & Croft, J. B. (2016). Racial/ethnic disparities in self-reported short sleep duration among US-born and foreign-born adults. *Ethnicity & health*, 21(6), 628-638.
14. Riemann, D. (2019). Sleep deprivation/sleep restriction and shift work. *Journal of sleep research*, 28(3), e12879.
15. Zeiders, K. H. (2017). Discrimination, daily stress, sleep, and Mexican-origin adolescents' internalizing symptoms. *Cultural Diversity and Ethnic Minority Psychology*, 23(4), 570.
16. Rubens, S. L., Miller, M. A., & Zeringue, M. M. (2019). The sleep environment and its association with externalizing behaviors in a sample of low-income adolescents. *Journal of community psychology*, 47(3), 628-640.
17. Bathory, E., Tomopoulos, S., Rothman, R., Sanders, L., Perrin, E. M., Mendelsohn, A., ... & Yin, H. S. (2016). Infant sleep and parent health literacy. *Academic pediatrics*, 16(6), 550-557.
18. Chen, J. H., & Shiu, C. S. (2017). Sexual orientation and sleep in the US: a national profile. *American journal of preventive medicine*, 52(4), 433-442.
19. Yiallourou, S. R., Maguire, G. P., Eades, S., Hamilton, G. S., Quach, J., & Carrington, M. J. (2018). Sleep influences on cardio-metabolic health in Indigenous populations. *Sleep medicine*.
20. Airhihenbuwa, C. O., Iwelunmor, J. I., Ezepue, C. J., Williams, N. J., & Jean-Louis, G. (2016). I sleep, because we sleep: a synthesis on the role of culture in sleep behavior research. *Sleep medicine*, 18, 67-73.
21. Sandahl, H., Vindbjerg, E., & Carlsson, J. (2017). Treatment of sleep disturbances in refugees suffering from post-traumatic stress disorder. *Transcultural psychiatry*, 54(5-6), 806-823.
22. Keyes, K. M., Maslowsky, J., Hamilton, A., & Schulenberg, J. (2015). The great sleep recession: changes in sleep duration among US adolescents, 1991–2012. *Pediatrics*, 135(3), 460-468.
23. Bei, B., Coo, S., Baker, F. C., & Trinder, J. (2015). Sleep in women: a review. *Australian Psychologist*, 50(1), 14-24.

## References: Health Impacts

1. Miano, S., Amato, N., Foderaro, G., Pezzoli, V., Ramelli, G. P., Toffolet, L., & Manconi, M. (2019). Sleep phenotypes in attention deficit hyperactivity disorder. *Sleep medicine*, 60, 123-131.
2. Riemann, D., Krone, L. B., Wulff, K., & Nissen, C. (2019). Sleep, insomnia, and depression. *Neuropsychopharmacology*, 1.
3. Roberts, R. E., & Duong, H. T. (2014). The prospective association between sleep deprivation and depression among adolescents. *Sleep*, 37(2), 239-244.
4. Soehner, A. M., Kaplan, K. A., Saletin, J. M., Talbot, L. S., Hairston, I. S., Gruber, J., ... & Harvey, A. G. (2018). You'll feel better in the morning: slow wave activity and overnight mood regulation in interepisode bipolar disorder. *Psychological medicine*, 48(2), 249-260.
5. Pires, G. N., Bezerra, A. G., Tufik, S., & Andersen, M. L. (2016). Effects of acute sleep deprivation on state anxiety levels: a systematic review and meta-analysis. *Sleep Medicine*, 24, 109-118.
6. Kobayashi, I., Mellman, T. A., Altaee, D., Howell, M. K., & Lavela, J. (2016). Sleep and processing of trauma memories. *Journal of traumatic stress*, 29(6), 568-571.
7. Chung, K. F., Poon, Y. P. Y. P., Ng, T. K., & Kan, C. K. (2018). Correlates of sleep irregularity in schizophrenia. *Psychiatry research*, 270, 705-714.
8. Abel, T., Havekes, R., Saletin, J. M., & Walker, M. P. (2013). Sleep, plasticity and memory from molecules to whole-brain networks. *Current biology*, 23(17), R774-R788.
9. Barnes, C. M., Guarana, C. L., Nauman, S., & Kong, D. T. (2016). Too tired to inspire or be inspired: Sleep deprivation and charismatic leadership. *Journal of Applied Psychology*, 101(8), 1191.
10. van der Heijden, K. B., Vermeulen, M. C., Donjacour, C. E., Gordijn, M. C., Hamburger, H. L., Meijer, A. M., ... & Weysen, T. (2018). Chronic sleep reduction is associated with academic achievement and study concentration in higher education students. *Journal of sleep research*, 27(2), 165-174.
11. Pereira, S. I. R., Beijamini, F., Vincenzi, R. A., & Louzada, F. M. (2015). Re-examining sleep's effect on motor skills: How to access performance on the finger tapping task?. *Sleep science*, 8(1), 4-8.
12. Pastuszak, A. W., Moon, Y. M., Scovell, J., Badal, J., Lamb, D. J., Link, R. E., & Lipshultz, L. I. (2017). Poor sleep quality predicts hypogonadal symptoms and sexual dysfunction in male

nonstandard shift workers. *Urology*, 102, 121-125.

13. Steinke, E., Palm Johansen, P., Fridlund, B., & Broström, A. (2016). Determinants of sexual dysfunction and interventions for patients with obstructive sleep apnoea: a systematic review. *International journal of clinical practice*, 70(1), 5-19.
14. Kim, J. H., Hollowed, C., Irwin-Weyant, M., Patel, K., Hosny, K., Aida, H., ... & Galante, A. (2017). Sleep-disordered breathing and cardiovascular correlates in college football players. *The American journal of cardiology*, 120(8), 1410-1415.
15. Swanson, C. M., Kohrt, W. M., Buxton, O. M., Everson, C. A., Wright Jr, K. P., Orwoll, E. S., & Shea, S. A. (2018). The importance of the circadian system & sleep for bone health. *Metabolism*, 84, 28-43.
16. Fullagar, H. H., Skorski, S., Duffield, R., Hammes, D., Coutts, A. J., & Meyer, T. (2015). Sleep and athletic performance: the effects of sleep loss on exercise performance, and physiological and cognitive responses to exercise. *Sports medicine*, 45(2), 161-186.
17. Chase, J. D., Roberson, P. A., Saunders, M. J., Hargens, T. A., Womack, C. J., & Luden, N. D. (2017). One night of sleep restriction following heavy exercise impairs 3-km cycling time-trial performance in the morning. *Applied Physiology, Nutrition, and Metabolism*, 42(9), 909-915.
18. Arnal, P. J., Drogou, C., Sauvet, F., Regnault, J., Dispersyn, G., Faraut, B., ... & Chennaoui, M. (2016). Effect of sleep extension on the subsequent testosterone, cortisol and prolactin responses to total sleep deprivation and recovery. *Journal of neuroendocrinology*, 28(2).
19. Cintron, D., Lipford, M., Larrea-Mantilla, L., Spencer-Bonilla, G., Lloyd, R., Gionfriddo, M. R., ... & Murad, M. H. (2017). Efficacy of menopausal hormone therapy on sleep quality: systematic review and meta-analysis.
20. Kloss, J. D., Perlis, M. L., Zamzow, J. A., Culnan, E. J., & Gracia, C. R. (2015). Sleep, sleep disturbance, and fertility in women. *Sleep medicine reviews*, 22, 78-87.
21. Gottlieb, D. J., Ellenbogen, J. M., Bianchi, M. T., & Czeisler, C. A. (2018). Sleep deficiency and motor vehicle crash risk in the general population: a prospective cohort study. *BMC medicine*, 16(1), 44.
22. Krause, A. J., Prather, A. A., Wager, T. D., Lindquist, M. A., & Walker, M. P. (2019). The pain of sleep loss: A brain characterization in humans. *Journal of Neuroscience*, 39(12), 2291-2300.

23. Simon, E. B., & Walker, M. P. (2018). Sleep loss causes social withdrawal and loneliness. *Nature communications*, 9(1), 3146.
24. Anothaisintawee, T., Reutrakul, S., Van Cauter, E., & Thakkinstian, A. (2016). Sleep disturbances compared to traditional risk factors for diabetes development: systematic review and meta-analysis. *Sleep medicine reviews*, 30, 11-24.
25. Kim, T. W., Jeong, J. H., & Hong, S. C. (2015). The impact of sleep and circadian disturbance on hormones and metabolism. *International journal of endocrinology*, 2015.
26. Asarnow, L. D., Greer, S. M., Walker, M. P., & Harvey, A. G. (2017). The impact of sleep improvement on food choices in adolescents with late bedtimes. *Journal of Adolescent Health*, 60(5), 570-576.
27. Briançon-Marjollet, A., Weiszenstein, M., Henri, M., Thomas, A., Godin-Ribuot, D., & Polak, J. (2015). The impact of sleep disorders on glucose metabolism: endocrine and molecular mechanisms. *Diabetology & metabolic syndrome*, 7(1), 25.
28. Han, B., Chen, W. Z., Li, Y. C., Chen, J., & Zeng, Z. Q. (2019). Sleep and hypertension. *Sleep and Breathing*, 1-6.
- 29.. Berger, A. M., Matthews, E. E., & Aloia, M. S. (2018). Sleep and Cancer. In *The MASCC Textbook of Cancer Supportive Care and Survivorship* (pp. 53-65). Springer, Cham.
30. Winer, J. R., Mander, B. A., Helfrich, R. F., Maass, A., Harrison, T. M., Baker, S. L., ... & Walker, M. P. (2019). Sleep as a potential biomarker of tau and  $\beta$ -amyloid burden in the human brain. *Journal of Neuroscience*, 0503-19.
31. Yang, Q., Durmer, J. L., Wheaton, A. G., Jackson, S. L., & Zhang, Z. (2018). Sleep duration and excess heart age among US adults. *Sleep health*, 4(5), 448-455.
32. Khot, S. P., & Morgenstern, L. B. (2019). Sleep and Stroke. *Stroke*, 50(6), 1612-1617.
33. Weaver, M. D., Barger, L. K., Malone, S. K., Anderson, L. S., & Klerman, E. B. (2018). Dose-dependent associations between sleep duration and unsafe behaviors among us high school students. *JAMA pediatrics*, 172(12), 1187-1189.
34. Itani, O., Jike, M., Watanabe, N., & Kaneita, Y. (2017). Short sleep duration and health outcomes: a systematic review, meta-analysis, and meta-regression. *Sleep medicine*, 32, 246-256.
35. García-Perdomo, H. A., Zapata-Copete, J., & Rojas-Cerón, C. A. (2018). Sleep duration and risk of all-cause mortality: a systematic review and meta-analysis. *Epidemiology and psychiatric sciences*, 1-11.



## References: All Other

1. Sheehan, C. M., Frochen, S. E., Walsemann, K. M., & Ailshire, J. A. (2018). Are US adults reporting less sleep?: Findings from sleep duration trends in the National Health Interview Survey, 2004–2017. *Sleep*, 42(2)
2. Walker, M. P. (2018). A sleep prescription for medicine. *The Lancet*, 391(10140), 2598-2599.
3. Borbély, A. A., Daan, S., Wirz-Justice, A., & Deboer, T. (2016). The two-process model of sleep regulation: a reappraisal. *Journal of sleep research*, 25(2), 131-143.
4. Ebbin, M. R., & Spielman, A. J. (2009). Non-pharmacological treatments for insomnia. *Journal of behavioral medicine*, 32(3), 244-254.
5. Ong, J. C., Ulmer, C. S., & Manber, R. (2012). Improving sleep with mindfulness and acceptance: a metacognitive model of insomnia. *Behaviour research and therapy*, 50(11), 651-660.
6. Edinger, J. D., & Carney, C. E. (2016). *Overcoming insomnia: A cognitive-behavioral therapy approach, therapist guide*. New York, NY, US: Oxford University Press.
7. Khubchandani, J., & Price, J. H. (2019). Short Sleep Duration in Working American Adults, 2010–2018. *Journal of community health*, 1-9.
8. Walker, M. P. (2018). A sleep prescription for medicine. *The Lancet*, 391(10140), 2598-2599.
9. Koffel, E. A., Koffel, J. B., & Gehrman, P. R. (2015). A meta-analysis of group cognitive behavioral therapy for insomnia. *Sleep medicine reviews*, 19, 6-16.
10. Seyffert, M., Lagisetty, P., Landgraf, J., Chopra, V., Pfeiffer, P. N., Conte, M. L., & Rogers, M. A. (2016). Internet-delivered cognitive behavioral therapy to treat insomnia: a systematic review and meta-analysis. *PLoS One*, 11(2), e0149139.
11. Mitchell, M. D., Gehrman, P., Perlis, M., & Umscheid, C. A. (2012). Comparative effectiveness of cognitive behavioral therapy for insomnia: a systematic review. *BMC family practice*, 13(1), 40.
12. Edinger, J. D., & Carney, C. E. (2014). *Overcoming insomnia: A cognitive-behavioral therapy approach, therapist guide*. Oxford University Press.
13. Ong, J. C. (2017). *Mindfulness-based therapy for insomnia*. American Psychological

Association.

14. Garcia, A. N., & Salloum, I. M. (2015). Polysomnographic sleep disturbances in nicotine, caffeine, alcohol, cocaine, opioid, and cannabis use: a focused review. *The American journal on addictions*, 24(7), 590-598.
15. Babson, K. A., Sottile, J., & Morabito, D. (2017). Cannabis, cannabinoids, and sleep: a review of the literature. *Current psychiatry reports*, 19(4), 23.
16. Gordon, H. W. (2019). Differential Effects of Addictive Drugs on Sleep and Sleep Stages. *Journal of addiction research (OPAST Group)*, 3(2).
17. Angarita, G. A., Emadi, N., Hodges, S., & Morgan, P. T. (2016). Sleep abnormalities associated with alcohol, cannabis, cocaine, and opiate use: a comprehensive review. *Addiction science & clinical practice*, 11(1), 9.
18. Sateia, M. J., Buysse, D. J., Krystal, A. D., Neubauer, D. N., & Heald, J. L. (2017). Clinical practice guideline for the pharmacologic treatment of chronic insomnia in adults: an American Academy of Sleep Medicine clinical practice guideline. *Journal of Clinical Sleep Medicine*, 13(02), 307-349.
19. Schutte-Rodin, S., Broch, L., Buysse, D., Dorsey, C., & Sateia, M. (2008). Clinical guideline for the evaluation and management of chronic insomnia in adults. *Journal of clinical sleep medicine*, 4(05), 487-504.
20. Chen, T. Y., Lee, S., & Buxton, O. M. (2017). A greater extent of insomnia symptoms and physician-recommended sleep medication use predict fall risk in community-dwelling older adults. *Sleep*, 40(11).
21. Dolezal, B. A., Neufeld, E. V., Boland, D. M., Martin, J. L., & Cooper, C. B. (2017). Interrelationship between sleep and exercise: a systematic review. *Advances in preventive medicine*, 2017.
22. Jang, K. H., Lee, J. H., Kim, S. J., & Kwon, H. J. (2018). Characteristics of napping in community-dwelling insomnia patients. *Sleep medicine*, 45, 49-54.
23. Saarelainen, L., Tolppanen, A. M., Koponen, M., Tanskanen, A., Tiihonen, J., Hartikainen, S., & Taipale, H. (2018). Risk of death associated with new benzodiazepine use among persons with Alzheimer disease: A matched cohort study. *International journal of geriatric psychiatry*, 33(4), 583-590.
24. Winer, J. R., Mander, B. A., Helfrich, R. F., Maass, A., Harrison, T. M., Baker, S. L., ... & Walker, M. P. (2019). Sleep as a potential biomarker of tau and β-amyloid burden in the human brain. *Journal of Neuroscience*, 0503-19.