

GRAUDUATE CAPSTONE RESEARCH PROPOSAL

HOW DOES "HORMONAL TIME SHIFT" AFFECT TEENAGER'S SLEEP PATTERNS?

- THEY MAKE TEENAGERS SLEEP AN HOUR OR TWO LATER
- THIS CAUSES "SLEEP DEBT" SINCE SCHOOLS DO NOT START ONE OR TWO HOURS LATER
- ACCUMULATED "SLEEP DEBT" CAUSES SLEEP DEPREVATION