Accepted Manuscript

Title: Can a school-based sleep education program improve sleep knowledge, hygiene and behaviours using a randomised controlled trial

Author: Rigney Gabrielle, Blunden Sarah, Maher Carol, Dollman James, Parvazian Somayeh, Matricciani Lisa, Olds Timothy

PII: S1389-9457(15)00646-2

DOI: http://dx.doi.org/doi:10.1016/j.sleep.2015.02.534

Reference: SLEEP 2707

To appear in: Sleep Medicine

Received date: 4-11-2014 Revised date: 12-2-2015 Accepted date: 19-2-2015



Please cite this article as: Rigney Gabrielle, Blunden Sarah, Maher Carol, Dollman James, Parvazian Somayeh, Matricciani Lisa, Olds Timothy, Can a school-based sleep education program improve sleep knowledge, hygiene and behaviours using a randomised controlled trial, *Sleep Medicine* (2015), http://dx.doi.org/doi:10.1016/j.sleep.2015.02.534.

This is a PDF file of an unedited manuscript that has been accepted for publication. As a service to our customers we are providing this early version of the manuscript. The manuscript will undergo copyediting, typesetting, and review of the resulting proof before it is published in its final form. Please note that during the production process errors may be discovered which could affect the content, and all legal disclaimers that apply to the journal pertain.

ACCEPTED MANUSCRIPT

Title: Can a school-based sleep education program improve sleep knowledge, hygiene and behaviours using a randomised controlled trial

Rigney Gabrielle^a BA (Hons)

Blunden Sarah^b PhD

Maher Carol^a PhD

Dollman James^a PhD

Parvazian Somayeh^c PhD

Matricciani Lisa^a BA (Hons)

Olds Timothy^a PhD

^aUniversity of South Australia, Alliance for Research in Exercise, Nutrition and Activity (ARENA), Sansom Institute for Health Research, North Terrace, Adelaide SA 5001, Australia

rigga001@mymail.unisa.edu.au

carol.maher@unisa.edu.au

james.dollman@unisa.edu.au

matla005@mymail.unisa.edu.au

timothy.olds@unisa.edu.au

^bCentral Queensland University, Appleton Institute, PO Box 42, Goodwood SA 5034, Australia

s.blunden@cqu.edu.au

^cCenter for Work+Life, University of South Australia, Magill SA 5072, Australia

somayeh.parvazian@unisa.edu.au

Download English Version:

https://daneshyari.com/en/article/6060718

Download Persian Version:

https://daneshyari.com/article/6060718

<u>Daneshyari.com</u>