

Accepted Manuscript

Title: Is there an association between short sleep duration and adolescent anxiety disorders

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PII: S1389-9457(16)00060-5

DOI: <http://dx.doi.org/doi: 10.1016/j.sleep.2016.02.007>

Reference: SLEEP 3017

To appear in: *Sleep Medicine*

Received date: 9-7-2015

Revised date: 22-2-2016

Accepted date: 23-2-2016



Please cite this article as: Robert E. Roberts, Hao T. Duong, Is there an association between short sleep duration and adolescent anxiety disorders, *Sleep Medicine* (2016), <http://dx.doi.org/doi: 10.1016/j.sleep.2016.02.007>.

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Sleep Restriction and Adolescent Anxiety

Is There an Association Between Short Sleep Duration and Adolescent Anxiety Disorders

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Word Count: 3,521

Highlights

- Short sleep duration at baseline increased risk of future anxiety disorders two-fold.
- Anxiety disorders at baseline did not affect future risk of short sleep duration.
- These results mirror those we have found for short sleep duration and major depression.
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