

# Accepted Manuscript

Title: Sleep–wake habits and circadian preference in Mexican secondary school

Author: Arturo Arrona-Palacios, Aída García, Pablo Valdez

PII: S1389-9457(15)00856-4

DOI: <http://dx.doi.org/doi: 10.1016/j.sleep.2015.05.026>

Reference: SLEEP 2829

To appear in: *Sleep Medicine*

Received date: 25-3-2015

Revised date: 15-5-2015

Accepted date: 29-5-2015



Please cite this article as: Arturo Arrona-Palacios, Aída García, Pablo Valdez, Sleep–wake habits and circadian preference in Mexican secondary school, *Sleep Medicine* (2015), <http://dx.doi.org/doi: 10.1016/j.sleep.2015.05.026>.

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.

**Original Article****Sleep–wake habits and circadian preference in Mexican secondary school**

Arturo Arrona-Palacios<sup>a\*</sup>, Aída García<sup>a</sup>, Pablo Valdez<sup>a</sup>

\*Corresponding author at: Laboratory of Psychophysiology, School of Psychology, Universidad Autónoma de Nuevo León, Mutualismo 110, Col Mitras Centro, Monterrey, Nuevo León 64460, México. Tel.: +52 81 83483866.

E-mail address: [a.arrona@hotmail.com](mailto:a.arrona@hotmail.com) (A. Arrona-Palacios).

**Highlights**

The effects of sleep-wake habits and chronotype on school shifts were explored.  
Students from the morning shift have short sleep duration.  
Students from the morning shift with an evening type have shorter sleep duration.  
Students from the afternoon shift have adequate sleep duration.

**ABSTRACT**

*Objective:* The current study aimed to determine the differences between sleep–wake habits and circadian preference in Mexican adolescents attending classes at a morning shift or an afternoon shift.

*Methods:* A sample of 568 students of a secondary school in Reynosa, northeastern Mexico, of whom 280 were boys and 288 were girls (mean age  $14.08 \pm 0.72$  years, age range 13–16 years).

Download English Version:

<https://daneshyari.com/en/article/6060531>

Download Persian Version:

<https://daneshyari.com/article/6060531>

[Daneshyari.com](https://daneshyari.com)