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## Sleep deprivation and negative outcome of adolescents

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**Objective:** To evaluate whether the strength of the association between sleep deprivation and negative outcomes varies according to the amount of sleep achieved by adolescents.

**Methods:** 2011 Youth Risk Behavior Survey data of high school students (n=15,364) were analyzed. Associations were examined on weighted data using multivariate logistic regression. Thirteen outcomes were examined, ranging from weapon carrying to obesity. The primary independent variable was a self-reported measure of the average number of hours slept at night.

**Results:** Relative to sleeping 8 or more hours, participants who reported sleeping fewer hours per night were at an increased risk of a variety of negative behavioral and health-related outcomes. For each of the 13 outcomes considered, those who slept less than 5 hours per night were significantly more likely to report negative outcomes (adjusted odds ratios ranging from 1.38 - 3.33;  $p < 0.05$  across all models) relative to sleeping 8 or more hours.

**Conclusions:** Among U.S. high school students, getting fewer than 8 hours of sleep is significantly associated with a variety of negative outcomes, and this association is particularly pronounced for students experiencing more extreme forms of sleep deprivation.

### Biography

Emily Restivo is an Assistant Professor of Criminal Justice and Sociology at the New York Institute of Technology, USA. She received her PhD in Criminology from the Florida State University in 2011. Her primary research interests center on the impact of formal labeling on subsequent criminal behavior as well as the effect of parenting on crime and delinquency. She has published work in Justice Quarterly, Preventive Medicine, Criminal Justice and Behavior, Crime and Delinquency, and Youth Violence and Juvenile Justice.

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