

ABCD Study Newsletter



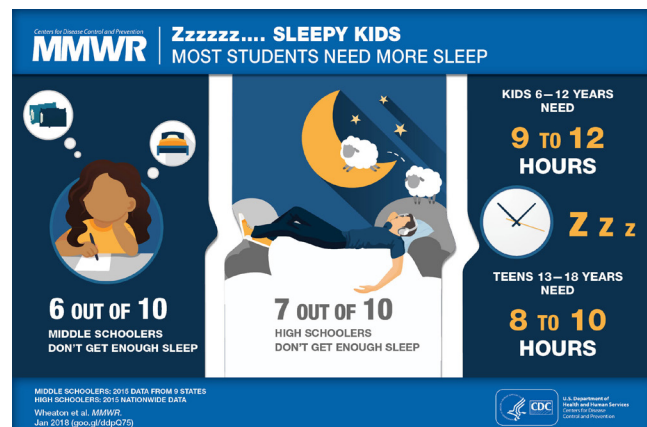
Happy Fall to our ABCD families!

We hope you are having a good school year, enjoying reconnecting with friends and loved ones, and staying healthy.

Did you know that lack of sleep and screen time can affect your behavior and health? Participants in the ABCD Study® are helping us learn more about the effects of online screen use and mental health during the last two years while our schedules have been disrupted due to COVID-19. Keep reading to learn more!

ABCD Science Too Little Sleep May Impact Teen Health

Using data from ABCD Study participants at all 21 sites, Dr. Fan Yang and other researchers looked at the relationship between the amount of sleep a 9- to 10-year-old gets and their development. [The researchers found](#) that sleeping less than [the recommended nine hours](#) each night was associated with mental health symptoms, including depression and thought problems, that continued for two years. These findings suggest that helping children get enough sleep beginning at an early age may help with their mental health when they are teens. But the findings need to be interpreted with caution because even though the researchers found a relationship between insufficient sleep and behavioral and



mental health problems, this doesn't mean that lack of sleep necessarily caused them. Other factors may play a role. It's also possible that the findings could change as participants move through adolescence.

Research in the news:

www.today.com/health/new-study-reveals-lack-sleep-can-harm-kids-brain-development-rcna42928#healthy-sleep-in-children

We're All in This Together

ABCD Joins the NIH RECOVER Initiative

The ABCD Study® has partnered with Researching COVID to Enhance Recovery (RECOVER), a nationwide study sponsored by the National Institutes of Health to understand the long-term impacts of COVID-19. Researchers hope to learn how COVID affects the body, and why some children and young adults who get COVID still have symptoms many months later. ABCD families participate in ABCD-RECOVER by completing surveys and an at-home antibody test, and receive compensation for their involvement. Being

in the RECOVER study is voluntary and will not affect participation in ABCD. You can contact your [ABCD site coordinator for more information about how to get involved](#). Please visit the [RECOVER website](#) to learn more about the RECOVER study, including ways to participate outside of ABCD.



An Initiative Funded by the National Institutes of Health

Sleep Deprivation

Common symptoms include:

 Daytime sleepiness.	 Fatigue.	 Irritability.
 Trouble thinking, focusing and remembering.	 Headaches.	 Slowed reaction times.

Severe symptoms include:

 Microsleeps.	 Uncontrollable eye movements.	 Trouble speaking clearly.
 Drooping eyelids.	 Hand tremors.	 Visual and tactile hallucinations.
 Impaired judgment.	 Impulsive (or even reckless) behavior.	

Cleveland Clinic

Student Q&A

Most middle and high school students [don't get enough sleep](#), which can increase their risk for illness, attention and behavior problems, poor mental health, and poor academic performance.

A student asked:

"The researchers ask me questions about how much I sleep every night and I'm curious — what would happen if I was really sleep deprived? How would that affect my health?"

We're so glad you asked this question! Sleep deprivation can be short or long term. Short-term deprivation can cause tiredness and problems with learning and paying

attention. Long-term lack of sleep can impact your body in many ways and can have serious, negative effects on your physical and mental health. These negative effects can include a weakened immune system (you might get more colds), poor mood (you might feel sad or anxious), and difficulty remembering things. Did you know that our brains need to sleep so that we can process all the things we learn and experience throughout the day? ABCD researchers continue to collect data to study the relationship between sleep and health to understand how they impact teen development.

Learn more at <https://my.clevelandclinic.org/health/diseases/23970-sleep-deprivation>

Student Space

Infographic: The Pros and Cons of Screen Use

What is the association between screen time and sleep, behavior, thinking, and friendships? Learn more in this new [infographic](#) based on ABCD study data.



Families Place

Interested in keeping up with the latest news and research about child development, education, and learning? Check out these resources for families:

Education Research Matters:

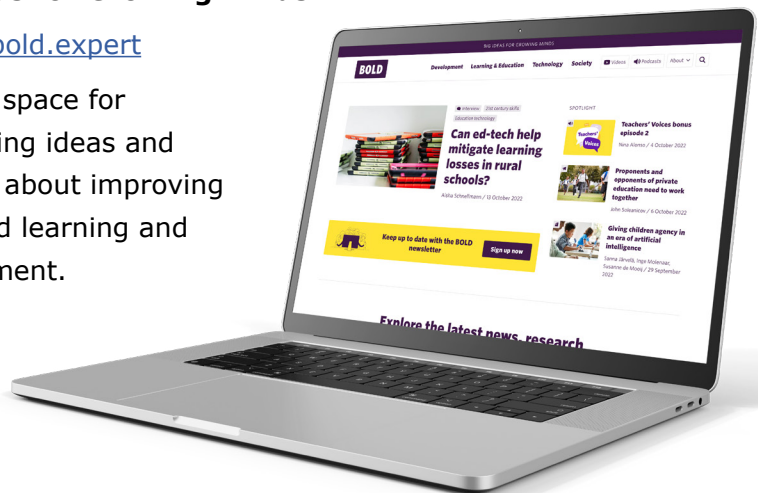
www.texasldcenter.org/education-research-matters

These monthly blogs from the Texas Center for Learning Disabilities summarize articles about the latest research on education and learning.

Big Ideas for Growing Minds:

<https://bold.expert>

A digital space for exchanging ideas and opinions about improving childhood learning and development.



Adolescent Brain Cognitive Development®
Teen Brains. Today's Science. Brighter Future.

Copyright ©2022 ABCD Study,
All rights reserved.

For More Information, Please Visit: ABCDStudy.org

Adolescent Brain Cognitive Development, Teen Brains, Today's Science, Brighter Future, and logo are unregistered service marks of HHS.

* This project is supported by grants from the National Institutes of Health (NIH), but the content of this newsletter does not necessarily reflect the views of NIH. References or links in this newsletter to an external website or any specific commercial products, processes, services, manufacturers, or companies do not constitute endorsement or recommendation by the NIH or any of the [ABCD Study Sites](#).