

the 12-year-old boys' study, also the first to show that the timing of when we sleep affects our ability to learn. The study found that boys who went to bed at 8:30 p.m. or earlier learned more than those who went to bed at 9:30 p.m. or later. The researchers also found that boys who went to bed at 8:30 p.m. or earlier had higher levels of melatonin, a hormone that helps regulate sleep.

On 10/10/12 at 10:04 AM Lucy Rowland wrote:

Hi,

My research interests include general health/fitness, only differences in a person's sleep that affect the effect of the intervention. My research interests include in the field of sleep hygiene, including the timing of the 12-year-old boys' study. I have a few questions about the study and would be happy to be:

<http://www.sleepresearch.com/health/fitness/when-to-sleep-to-learn-better>

Also, I am a member of several health/fitness and sleep-related groups, including the 12-year-old boys' study.

Here are a few of my research interests... I would like to see if you are interested in the 12-year-old boys' study and would be happy to be:

<http://www.sleepresearch.com/health/fitness/when-to-sleep-to-learn-better>

Research interests include in the field of sleep hygiene, including the 12-year-old boys' study. I have a few questions about the study and would be happy to be:

interested in your research.

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