

Lynne Lamberg, [School Starts Too Early for Teens, Pediatricians Agree](#). Psychiatric News. September 2, 2014.

Child Psychiatrists Back Conclusions of Sleep Report

The American Academy of Child and Adolescent Psychiatry (AACAP) regards the American Academy of Pediatrics policy on delaying school start times as comprehensive and compelling, AACAP President Paramjit Joshi, M.D., told *Psychiatric News*.

"Sufficient sleep is essential for good mental health," said Joshi, an endowed professor and chair of psychiatry and behavioral sciences at Children's National Medical Center in Washington, D.C. Adolescents who get sufficient sleep report fewer symptoms of depression and anxiety and lower suicidal ideation than those who sleep less, she pointed out. They have more energy and are less likely to overeat and become obese.

Getting adequate sleep is especially important for adolescents with depression, bipolar disorder, or anxiety disorders or with a genetic predisposition to develop these disorders, she added, as insufficient sleep can exacerbate such illnesses.

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