# Table of Contents

## Editorials

*Sleep Health’s first year*  
Lauren Hale, PhD  
223

*Entering a dream*  
Meir H. Kryger, MD  
225

Max Hirshkowitz  
226

*Siesta by decree or sound policy to promote sleep health? Lessons from a municipal proclamation in a rural Spanish town*  
F. Javier Nieto, MD, MPH, PhD  
227

## Sleep and Health Outcomes

National Sleep Foundation’s updated sleep duration recommendations: final report  
Max Hirshkowitz, PhD, Kaitlyn Whiton, MHS, Steven M. Albert, PhD, Cathy Alessi, MD,  
Olivier Brun, MD, Lydia DonCarlos, PhD, Nancy Hazen, PhD, John Herman, PhD,  
Paula J. Adams Hillard, MD, Eliot S. Katz, MD, Leila Kheirandish-Gozal, MD, MSc,  
David N. Neubauer, MD, Anne E. O’Donnell, MD, Maurice Ohyon, MD, DSc, PhD, John Peever, PhD,  
Robert Rawding, PhD, Ramesh C. Sachdeva, MD, PhD, JD, Belinda Setters, MD, Michael V. Vitiello, PhD,  
and J. Catesby Ware, PhD  
233

Obstructive sleep apnea and stroke: links to health disparities  
Alberto R. Ramos, MD, MSPH, Azizi Seixas, PhD, and Salim I. Dib, MD  
244

Sleep restriction and delayed sleep associate with psychological health and biomarkers of stress and inflammation in women  
Jaime L. Taitton, PhD, Ana I. Fins, PhD, Andrea Lopez, MS, Linett A. Sierra, MS, Sarah A. Silverman, MS,  
Samuel V. Thomas, BS, and Travis J.A. Craddock, PhD  
249

Effect of different mattress designs on promoting sleep quality, pain reduction, and spinal alignment in adults with or without back pain; systematic review of controlled trials  
Ahmed Radwan, PhD, Philip Fess, BS, Darcy James, BS, John Murphy, BS, Joseph Myers, BS,  
Michelle Rooney, BS, Jason Taylor, BS, and Alissa Torii, BS  
257

Sleep deprivation and adverse health effects in United States Coast Guard responders to Hurricanes Katrina and Rita  
Timothy Bergan, DO, MPH, Dana Thomas, MD, MPH, Erica Schwartz, MD, MPH, Jodi McKibben, PhD,  
and Jennifer Rustiecki, PhD  
268

## Actigraphy in Sleep Research

Practical considerations in using accelerometers to assess physical activity, sedentary behavior, and sleep  
Mirja Quante, MD, Emily R. Kaplan, BS, Michael Rueschman, MPH, Michael Caillat, BS,  
Orfeu M. Buxton, PhD, and Susan Redline, MD, MPH  
275
Actigraphic sleep characteristics among older Americans
Lianne M. Kurina, PhD, Ronald A. Thisted, PhD, Jen-Hao Chen, PhD, Martha K. McClintock, PhD, Linda J. Waite, PhD, and Diane S. Lauderdale, PhD

Social Behaviors and Experiences and Sleep among Adolescents and Young Adults
Impact of childhood abuse on adult sleep quality among low-income women after Hurricane Ike
Jessica R. Hoag, MPH, Helen Wu, PhD, and James J. Grady, DrPH
Say “GDNT”: frequency of adolescent texting at night
Wendy M. Troxel, PhD, Gerald Hunter, MS, and Deborah Scharf, PhD
Social conversation and its relationship to sleep behavior among college students
Rebecca Robbins, PhD

Sleep Health Policies and Interventions
Regulating danger on the highways: hours of service regulations
Daniel Mansfield, MPH, BSPh, and Meir Kryger, MD, FRCPC
Restricted use of electronic media, sleep, performance, and mood in high school athletes—a randomized trial
Anette Harris, PhD, Hilde Gundersen, PhD, Pia Mørk-Andreassen, MSc, Eirunn Thun, PsyD, Bjørn Bjorvatn, MD, PhD, and Ståle Pallesen, PhD
Tailored lighting intervention for persons with dementia and caregivers living at home
Mariana G. Figueiro, PhD, Claudia M. Hunter, PhD, Patricia A. Higgins, PhD, RN, Thomas R. Hornick, MD, Geoffrey E. Jones, BS, Barbara Plitnick, RN, Jennifer Brons, MS, and Mark S. Rea, PhD