

(contents continued)

Sleep Knowledge, Beliefs, and Practices

Sleep myths: an expert-led study to identify false beliefs about sleep that impinge upon population sleep health practices 409
Rebecca Robbins, PhD, Michael A. Grandner, PhD, Orfeu M. Buxton, PhD, Lauren Hale, PhD, Daniel J. Buysse, MD, Kristen L. Knutson, PhD, Sanjay R. Patel, MD, Wendy M. Troxel, PhD, Shawn D. Youngstedt, PhD, Charles A. Czeisler, PhD, MD, FRCP, and Girardin Jean-Louis, PhD

Sleep-related attitudes, beliefs, and practices among an urban-dwelling African American community: a qualitative study 418
Kelly Glazer Baron, PhD, MPH, Shelby G. Gilyard, MA, Joselyn L. Williams, MPH, Dan Lindich, BS, Lauren Koralnik, and Elizabeth B. Lynch, PhD

Sleep knowledge, goals, and habits in soldiers 426
Jennifer L. McDonald, PhD, Michelle L. Ganulin, MS, Matthew L. LoPresti, PhD, and Amy B. Adler, PhD

Sleep in America® Poll 2019-Sleep Health & Scheduling e1

The Sleep Health Times

The Sleep Health Times 429