

# Drinking a lot of alcohol can lead to insomnia in adolescents

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Naomi Marmorstein, a professor at Rutgers University in Camden, USA, said: "These findings indicate that insomnia can be the only risk sign for alcohol use among young adolescents."

Researchers examined the association between alcohol use and sleep-related problems for seventh and eighth grade students.



When learning about sleep problems that occur in relation to the frequency of alcohol use, the researcher has checked how the symptoms of mental health problems with alcohol use are.

The study, published in *Behaviors Addictive*, examined the development of mental health problems and recovery among young people at risk of alcoholism.

The study participants completed the questionnaires how long they had to sleep, the times they often went to bed on a day of the week, when, on weekends or summer nights, they often experienced turmoil. how to sleep and whether they fell asleep in the classroom or had trouble staying awake after school .

They were also asked about the frequency of alcohol use in the previous four months.

In general, there is a relationship between alcohol and both night and sleeplessness, even during the day.

Marmorstein said: "Parents, educators and therapists should consider that insomnia can be a risk sign for alcohol use, which can increase the risk of insomnia, among young teenagers'.

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