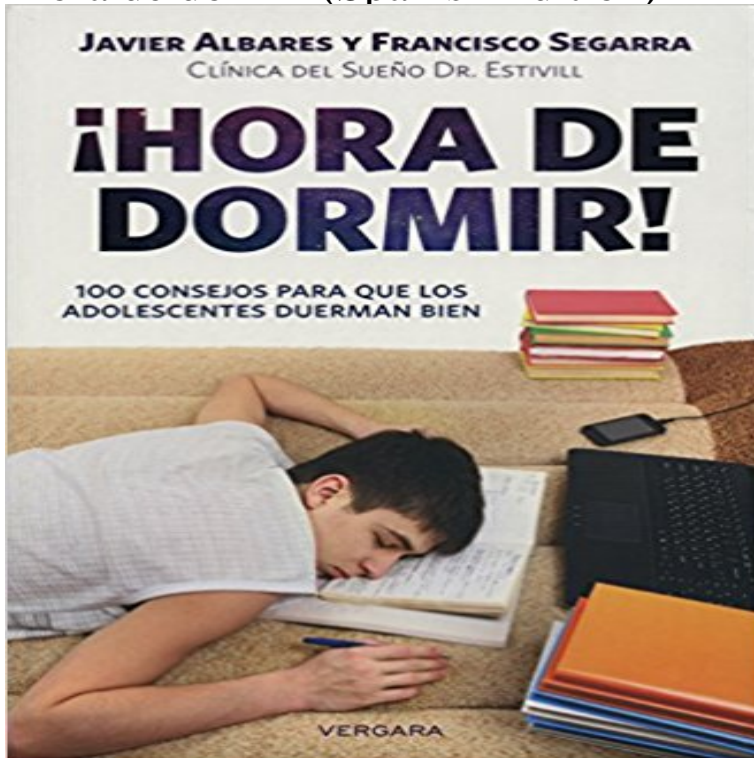


Hora de dormir (Spanish Edition)



Que hábitos y comportamientos afectan más al ritmo de sueño en los adolescentes?, es recomendable estudiar antes de dormir?, como repercute en su conducta que los jóvenes tengan problemas para obtener un descanso reparador?, que causa el sonambulismo y los terrores nocturnos?, como afecta la presencia de pantallas electrónicas y celulares? Son algunas de las preguntas que se plantean Javier Albares y Francisco Segarra, especialistas de la Clínica del Sueño Dr. Estivill. / What habits and behaviors most affect teenagers sleeping patterns? Is it recommended to study before going to sleep? What causes sleepwalking and nocturnal troubles? What are the effects of electronics and mobile screens? These are some of the questions raised by Javier Albares and Francisco Segarra, specialists at Dr. Estivill Sleeping Clinic.

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