

## Referenslista för Insatsen ”Åldersanpassa skolstarttiderna”

### Skola – Psykisk hälsa

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2. 2 kapitlet 9–10 §§ skollagen.
3. Berger, A. T., Widome, R., & Troxel, W. M. (2018). School Start Time and Psychological Health in Adolescents. *Current Sleep Medicine Reports*, 4(2), 110–117. <https://doi.org/10.1007/s40675-018-0115-6>