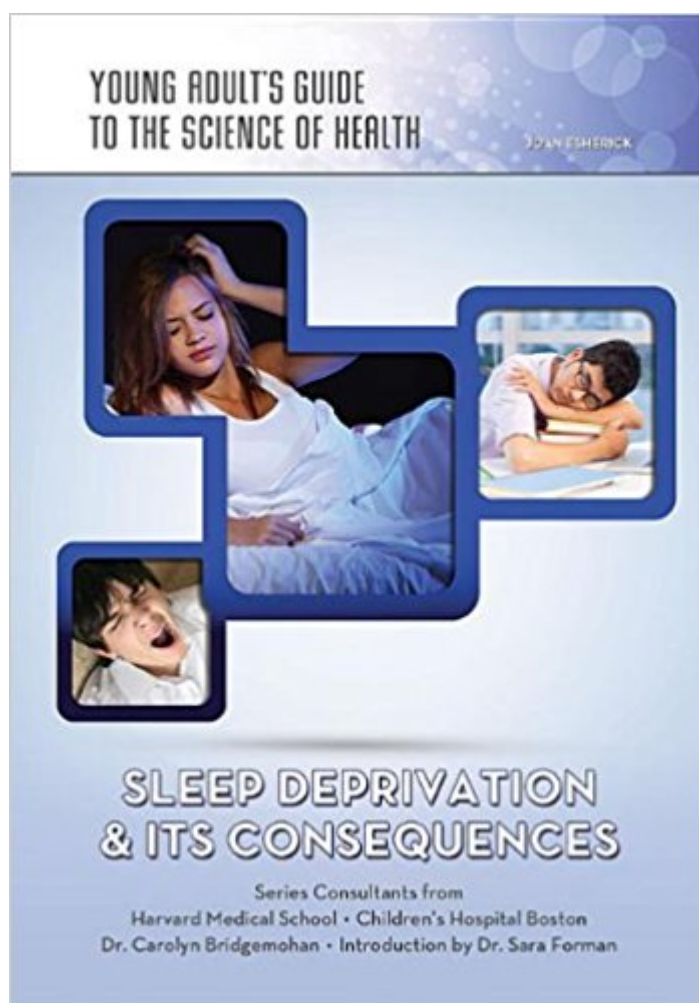


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# Sleep Deprivation & Its Consequences (Young Adult's Guide To The Science Of Health)



## Synopsis

Designed to help young adults cope with the various health choices and questions confronting them as they enter adolescence, this dynamic set of books provides accurate information and helpful resources for young people navigating their transition to adulthood.

## Book Information

Lexile Measure: 1120L (What's this?)

Series: Young Adult's Guide to the Science of Health

Library Binding: 128 pages

Publisher: Mason Crest Publishers (September 2013)

Language: English

ISBN-10: 1422228150

ISBN-13: 978-1422228159

Product Dimensions: 9.3 x 6.5 x 0.6 inches

Shipping Weight: 1 pounds

Average Customer Review: Be the first to review this item

Best Sellers Rank: #3,835,093 in Books (See Top 100 in Books) #76 in [Books > Teens > Personal Health > Fitness & Exercise](#) #204 in [Books > Teens > Personal Health > Diseases, Illnesses & Injuries](#) #478937 in [Books > Children's Books](#)

Age Range: 12 - 17 years

Grade Level: 7 - 12

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