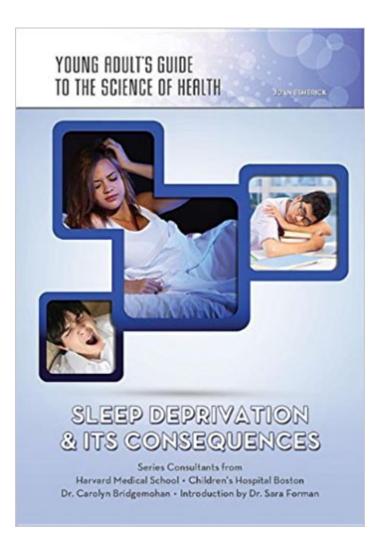


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# Sleep Deprivation & Its Consequences (Young Adult's Guide To The Science Of Health)





### 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 inà Â Books > Teens > Personal Health > Fitness & Exercise #204 inà Â Books > Teens > Personal Health > Diseases, Illnesses & Injuries #478937 inà Â Books > Children's Books Age Range: 12 - 17 years Grade Level: 7 - 12

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