

## Tired teens may turn to drug use

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**Weekend Gold Coast Bulletin: February 27, 2010**

This article discusses the importance of sleep for teenagers and brings up a study that found "sleep disorders and drug use in teens were closely inter-twined." It also found that "teens with a friend who slept less than seven hours a night were 11 per cent more likely to use marijuana than teens whose friends got a good night's sleep."