

# Is It a Right-Fit Source?

**Research Question:** Are American children getting enough sleep?

Note: All of the sources below are fictional.

Title	Type	Author	Year Published	Details
Sleep and the Physical Well-Being of Children	Book	Nickolas Jennings, MD	1964	<p>Studied the connection between diet and sleep in 54 2-year-old American children</p> <p>Cited in many books about the history of medicine, like <i>The Evolution of Sleep Research</i></p>
How Much Sleep Do Kids Really Need?	Article in Child Development Weekly online magazine	Prem Mercado	2021	Summarizes and cites relevant, peer-reviewed research to argue that kids need more sleep
The Effects of Inadequate Duration and Quality of Sleep in American Adults	Scholarly article in <i>The Journal of Neuroscience</i>	Kimatra Powell, MD	2018	<p>Studied the connection between sleep and overall health in 322 American adults</p> <p>Cited in and cites other articles you found</p>
Truth hurts: the human body only needs 2 hours of sleep per night. #noexcuses #getupandgrind"	Social media post	@optimizefitness8	2024	<p>Influencer account with 1.2 million followers</p> <p>The user's profile:</p> <ul style="list-style-type: none"> <li>⇒ Fitness Instructor</li> <li>⇒ Daily Fitness Tips &amp; Workouts</li> <li>⇒ DM for 1:1 Coaching</li> </ul> <p>#noexcuses #painisgain #getupandgrind</p>

Name:

Date: