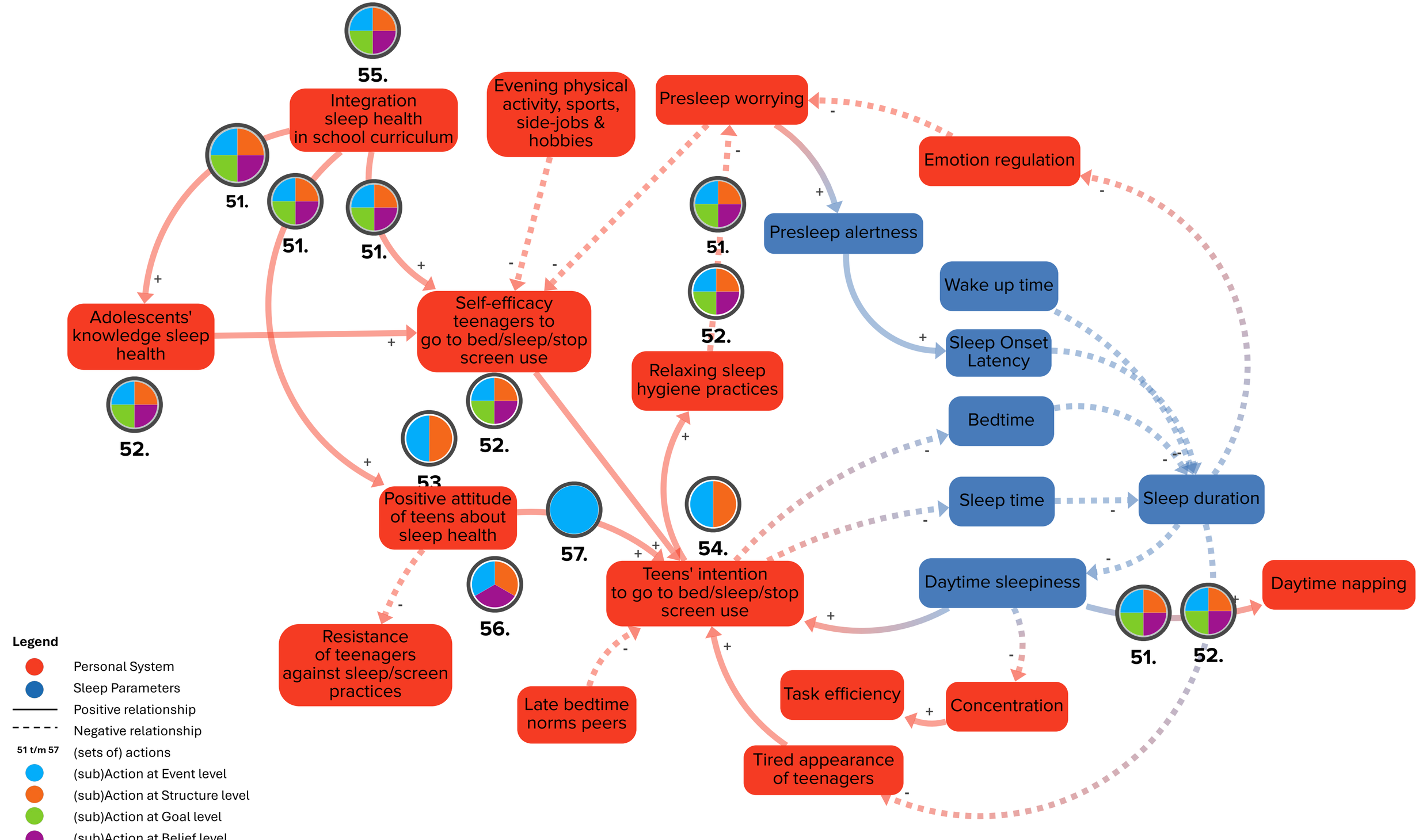
55.
Integration sleep health in school curriculum
51.
51.
51.
Evening physical activity, sports, side-jobs & hobbies
Presleep worrying
Emotion regulation
51.
Presleep alertness
Adolescents' knowledge sleep health
Self-efficacy teenagers to go to bed/sleep/stop screen use
52.
Relaxing sleep hygiene practices
Wake up time
Sleep Onset Latency
Bedtime
52.
53
Positive attitude of teens about sleep health
57.
54.
Sleep time
Sleep duration
56.
Daytime sleepiness
Daytime napping
Teens' intention to go to bed/sleep/stop screen use
51.
52.
Resistance of teenagers against sleep/screen practices
Late bedtime norms peers
Task efficiency
Concentration
Tired appearance of teenagers
Legend
Personal System
Sleep Parameters
Positive relationship
Negative relationship
51 t/m 57
(sets of) actions
(sub)Action at Event level
(sub)Action at Structure level
(sub)Action at Goal level
(sub)Action at Belief level