

Journal Articles for Exploring

1. Vegetarian diets are associated with healthy mood states: a cross-sectional study in Seventh Day Adventist adults <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC2887769/> and https://www.researchgate.net/publication/44642545_Vegetarian_diets_are_associated_with_healthy_mood_states_A_cross-sectional_study_in_Seventh_Day_Adventist_adults
2. Literature review of the Adventist Health Study: https://www.researchgate.net/publication/262884089_Vegetarian_diets_in_the_Adventist_Health_Study_2_A_review_of_initial_published_findings
3. Eliminating caffeine can help with sleep quality <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6292246/>
4. Physical activity reduces stress <https://adaa.org/understanding-anxiety/related-illnesses/other-related-conditions/stress/physical-activity-reduces-st>
5. STRESS RELIEF: The Role of Exercise in Stress Management, American College of Sport Medicine https://journals.lww.com/acsm-healthfitness/fulltext/2013/05000/stress_relief_the_role_of_exercise_in_stress.6.aspx
6. Sleep extension is a feasible lifestyle intervention in free-living adults who are habitually short sleepers: a potential strategy for decreasing intake of free sugars? A randomized controlled pilot study. American Journal of Clinical Nutrition <https://academic.oup.com/ajcn/article/107/1/43/4794751#112507111>
7. The Journal of Nervous and Mental Disease article showing the association between sleep problems with alcohol use and smoking https://journals.lww.com/jonmd/Abstract/2017/05000/Sleep_Problems_in_Relation_to_Smoking_and_Alcohol.4.aspx
8. American Academy of Sleep Medicine. International Classification of Sleep Disorders, 3rd ed, American Academy of Sleep Medicine, Darien, IL 2014.

