Propositions

1. Spending too little or too much time in bed are risk factors for sleep problems in the general population. (this thesis)
2. Markers of early neurodevelopment, such as variations in fetal and neonatal brain growth, predict childhood sleep patterns. (this thesis)
3. Children with persistent sleep disturbances across childhood have thinner cortices in brain areas related to high-order cognitive functioning. (this thesis)
4. Within 5 years of follow-up, sleep complaints neither lead to nor are sequel of white matter changes in the aging brain. (this thesis)
5. Long periods of wake after sleep onset are related to reduced microstructural connectivity of cerebral white matter. (this thesis)
6. "Sleep deprivation is the most common brain impairment." - William C. Dement
7. Information on sleep patterns and problems should be considered important anamnestic information in clinical setting.
8. The fact that non-whole people are no big deal in mathematics makes it difficult for epidemiologists to convey their insights to clinicians.
9. Data mining is the process of seeking interesting information in large databases; data drowning is the process of seeking errors in interesting information in large databases. A good epidemiologist swims through mine water.
10. "You only are free when you realize you belong no place – you belong every place – no place at all. The price is high. The reward is great." – Maya Angelou
11. Members of Doctoral Committee should NOT spend their questioning time discussing this proposition.