

## Social Jetlag and Obesity in Spanish Adolescents: EHDLA Study Insights

Social jetlag, defined as the misalignment between an individual's internal biological clock and their social schedule, is known to disrupt sleep patterns and may impact health. The analysis explores how social jetlag correlates with obesity

reveal significant associations between social jetlag and increased obesity risk, highlighting the potential impact of irregular sleep schedules on adolescent health. The findings underscore the importance of addressing sleep patterns

