

Name \_\_\_\_\_

## Rise and Shine: The Debate on Adjusting School Start Times for Teens

### Short Answer

1. What are some consequences of the misalignment between early school start times and teenagers' sleep needs?
2. What recommendation does the National Sleep Foundation make regarding teenagers' sleep duration?
3. What positive outcomes have been reported in school districts that have adjusted their start times for teenagers?
4. What challenges are associated with changing school start times for teenagers, as mentioned in the essay?
5. Why is finding a balance between early start times and teens' sleep requirements considered important, according to the essay?

