

Name _____

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

Open-Ended Response Questions

1. How might adjusting school start times for teenagers benefit their overall health and academic performance, based on information from the essay?
2. In your opinion, do you think it's important for schools to consider teenagers' sleep needs when setting school start times? Why or why not?
3. Can you think of any creative solutions that could address the challenges associated with changing school start times for teenagers, as mentioned in the essay?
4. How might sleep deprivation among teenagers impact their relationships with peers and family, according to the essay?

