

Name \_\_\_\_\_

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

### Multiple Choice Answer Key

1. c) Their natural sleep patterns clash with early start times.
2. b) 8-10 hours
3. a) Improved academic performance and fewer behavioral issues.
4. b) Disruption of parents' work schedules and financial implications.
5. b) Because it affects the well-being and academic success of students.

