

Name _____

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

Short Answer Key

1. Consequences include poor academic performance, mood swings, and health problems.
2. The National Sleep Foundation recommends that teenagers get 8-10 hours of sleep per night.
3. Students have reported feeling more awake and alert in class, achieving better grades, and experiencing fewer behavioral issues.
4. Challenges include potential disruption of parents' work schedules and financial implications for school districts.
5. It's important because sleep plays a critical role in teenagers' well-being and academic success.

