

Name _____

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

Open-Ended Response Answer Key

1. Adjusting start times could lead to improved sleep, reduced sleep deprivation, better concentration in class, and higher grades.
2. Answers may vary, but they should provide a rationale based on the information in the essay.
3. Possible answers might include staggered start times for different grade levels, flexible scheduling for extracurricular activities, or implementing online classes for certain subjects.
4. Sleep deprivation could lead to mood swings, irritability, and difficulty interacting with others, potentially straining relationships.

