

23. Research has shown that teenagers experience a change in their internal sleep clocks so that waking up early and going to sleep early are difficult. Should high school classes begin later in the day and end later in the day to accommodate students' natural sleep clocks? Consider some of the benefits and disadvantages to starting school later in the day. Take a position on this issue. Support your response with reasons and examples.

Restate Prompt: Should ^{high} schools adopt a later schedule to adjust to teenager's internal sleep clocks?

Thesis Statement: In order to ensure teenagers get adequate sleep for optimal school, work, and athletic performance, high schools should adopt a later schedule.

Benefits of Starting School Later

- teens will/may be more awake, attentive, better rested
- more sleep is biologically necessary for teen brains
- no child should begin instruction before 8 am
- reduced tardiness, truancy, and drop out rate,
- improved academic performance
- improved athletic performance
- improved mood
- stronger immune system
- reduced risk of negative behaviors during unsupervised after school hours

Disadvantages of Starting Later

- delays or reduces time teens can spend on sports, extracurricular
- affects teen employment times and availability
- affects teen availability to care for younger siblings
- teens will likely not adjust their sleep patterns - stay up ^{even later}