7th Grade ELAB

Sleep Unit

Prompt 1

**Text Introduction**

In the articles and video provided in class, the various authors discuss sleep requirements for teens, the consequences of not getting enough sleep, and the controversy over what factors prevent teens from getting sufficient sleep, as well as how schools may change their start times to accommodate sleep schedules.

The texts are:

* “From ZZZs to As” by *PBS Frontline*
* “Homeroom Zombies” by Lawrence Epstein in *Newsweek*
* “Early Bird Gets the Bad Grade” by Nancy Kalish in *New York Times*
* “High Schools With Late Start Times Help Teens but Bus Schedules and After-School Can Conflict” in *Fox News*
* “Schools Around the U.S. Are Finally Pushing Back Their Start Times – And It’s Working” by Chris Weller for *Business Insider*

Read all of the articles, watch the video, and then answer Prompt 1.

**Prompt 1**

You have now read the four articles and watched the video on teen sleep. In the articles and video, the authors present various points of view about sleep, its importance to teens and the causes and consequences of not getting sufficient sleep. Write an essay that argues for or against delaying start times of schools and includes a counterargument which analyzes the opposing viewpoint. Be sure to cite evidence from all texts to support your argument. Follow the conventions of standard written English.