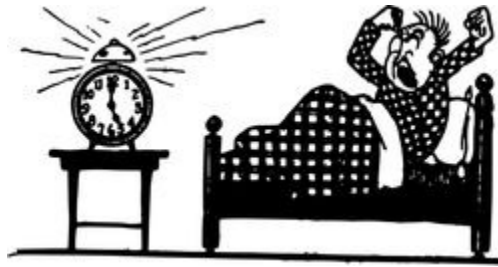


Snooze Alarm



Should school start later in the morning so teens can get more sleep?

Your alarm goes off. The room is still dark. You squint at the alarm clock. It's not even 6 a.m.! Still, you have to get up for school.

You brush your teeth and stumble into your clothes. You know that by 10 a.m. you will be struggling to stay awake in class.

"No one should have to get up this early for school," you say to yourself.

Some adults agree. Studies show that teens need about nine hours of sleep per night. Some adults would like to see middle schools and high schools open later in the morning so teens can get the extra sleep they need.

Other people oppose the change in school starting times. Changing the start times would disrupt other parts of students' lives, some parents and school officials say. They say a time change would do more harm than good.

What do you think? Should school start later in the morning than it does now? Read the debate. Then decide for yourself.

Yes! School Should Start Later

School should begin later in the day. It would be best for students and their families. Schools that have changed their opening times have had good results. "Test scores and grades are rising," said an official at a school that made its start time later.

Parents would not have to bug their teens to wake up early. Students would get home from school the same time of the day as many of their parents get home from work.

Students would need less "catch-up" sleep on weekends. That would give them more time and energy to do things on weekends.

Many students and adults think that opening school later is a good idea. It's time to listen to them.

No! School Should Not Start Later

Opening school later is not a good idea. Schools that start later would have to stay open later. That would mean that students would have to give up other important things.

Plenty of students get good grades when their schools open early. Students who are too tired should just go to bed earlier at night.

Also, many parents need their teens to get home early. Many teens work or have to watch younger siblings in the afternoon.

Late start times affect many after-school sports and club schedules. Some outside activities may have to be cut short because of a lack of daylight hours.

It's a busy world. People get tired. Big deal. School hours should stay the same.

Name: _____ Date: _____

1. What is one solution proposed in the passage to the problem that teens often do not get enough sleep?

- A. One solution proposed in the passage is for teens to go to bed earlier at night.
- B. One solution proposed in the passage is for schools to start later.
- C. One solution proposed in the passage is for sports and activities to run later.
- D. One solution proposed in the passage is for parents to wake up their teens later.

2. What is one argument against school starting later that is presented in the text?

- A. One argument against school starting later is that sports and activities might be cut short if school starts later.
- B. One argument against school starting later is that teenagers do not need as much sleep as people think.
- C. One argument against school starting later is that test scores and grades would be lower if school started later.
- D. One argument against school starting later is that students would have more time and energy on the weekends.

3. What might be a good solution to the problem mentioned in the text that sports schedules might be shortened because of a lack of daylight hours if schools start later?

- A. One good solution would be to cancel the sports activities.
- B. One good solution would be to install lights on sports fields so practice could run later.
- C. One good solution would be for teens to get more sleep so they have energy to play sports.
- D. One good solution would be for parents to wake their teens up earlier and have sports practice in the morning.

4. Read the following sentence: "You brush your teeth and stumble into your clothes."

In this sentence the word **stumble** means

- A. wake up fully
- B. move smoothly
- C. move awkwardly
- D. run quickly

5. The primary purpose of this passage is to describe

- A. reasons why it is a good idea to start school later
- B. thoughts about why schools should start early in the morning
- C. ideas about how to help teenagers get more sleep
- D. arguments for and against schools starting later

6. According to the passage, how much sleep do teenagers need?

7. The passage describes both positive and negative effects for parents of school starting later. Name one positive and one negative effect discussed in the text.

8. The question below is an incomplete sentence. Choose the word that best completes the sentence.

Some people think that middle and high schools should not open later _____ teenagers would then not be able to work after school.

- A. unless
- B. so
- C. because
- D. until

9. Which image shows something that your teacher may oppose you using in class?



10. Would you oppose a new rule allowing kids to eat candy in class? Why or why not?
