

## Learning Journal Assignment: *Adolescent Sleep Research*

**Write a well organized and developed paragraph explaining the negative effects of chronic sleep loss on an adolescent's health.**

- ✓ **Select one of the following topic sentences to begin your paragraph. You may also borrow words and phrases from these sentences to create your own topic sentence. Be sure to include target unit vocabulary.**

Chronic sleep loss can have several negative impacts on an adolescent's health.

Insufficient sleep contributes to poor adolescent health.

Adolescents with poor sleeping habits typically suffer from numerous related health problems.

- ✓ **Support your opinion/position with three "showing" examples that will help the reader clearly visualize what you are talking about.**

**Introduce your examples with three of these sentence starters. You may also create your own sentences borrowing from this language.**

1. One common symptom of insufficient sleep is . . .
2. Another negative impact of chronic sleep loss is . . .
3. Furthermore, teens who don't get adequate sleep typically suffer from . . .
4. Perhaps the most serious adolescent health problem associated with poor sleeping habits is . . .

- ✓ **Provide one or two explanation sentences after each example to make sure that your reader clearly understands your points.**
- ✓ **In your final draft, use at least four words from our vocabulary list:**

critical, stage, pattern, environment, react, reaction, immune system, require, productive, indicate, indication, immensely, sufficient, insufficient