

🖋️ Learning Journal Assignment: *Adolescent Sleep Research*

Write a well organized and developed paragraph explaining the various reasons why many adolescents do not get sufficient sleep.

- ✓ **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.**

Various factors can influence the amount of sleep an adolescent gets on a regular basis.

Insufficient sleep is common among adolescents, and it can be caused by numerous factors.

- ✓ **Support your topic sentence with four reasons why adolescents regularly do not get sufficient sleep. Include two reasons discussed in the article and two from our class discussion. Make sure to include the key point in the article about the “circadian clock.”**

Introduce your reasons with these sentence starters.

You may also create your own sentences borrowing from this language.

1. One reason many teens rarely get a good night sleep is . . .
2. Another reason adolescents do not get sufficient sleep is . . .
3. Furthermore, many teens do not get adequate sleep because . . .
4. Finally, research indicates that teens tend to have trouble falling asleep at night because . . .

- ✓ **Provide two sentences after each reason, offering explanation and examples to make sure that your reader clearly understands your points.**
- ✓ **In your final draft, use at least four words from our unit vocabulary list.**