

Discussion Topic: *Adolescent Sleep Research*

✎ List 3 additional reasons that many adolescents lose critical hours of sleep on a regular basis.

1. late night TV watching

2.

3.

4.

✎ Select two of your ideas and write each in a complete sentence using the following starters:

1. Based on my experience, many adolescents don't get sufficient sleep because . . . (+ sentence)

e.g., Based on my experience, many adolescents don't get sufficient sleep because they stay up late watching TV.

2. From my perspective, many adolescents have trouble sleeping because of . . . (+ noun phrase)
due to . . . (+ noun phrase)

e.g., From my perspective, many adolescents have trouble sleeping because of late night TV watching.

From my perspective, many adolescents have trouble sleeping due to late night TV watching.

✎ During the class discussion, jot down two additional reasons contributed by classmates:

1.

2.