

The teenage girl can hear a distant beeping. She is running towards the noise, trying to stop it, but it keeps screaming into her ear. Over and over, louder and louder. Then she surfaces. It is time to get up and get ready for school, after a mere six hours of sleep. On average, most teens only get seven hours of sleep a night, which is two hours less than needed to function properly. Lack of sleep in teens can be caused by many reasons, but the main one is long hours spent on homework and early wake up calls. For teens to function properly, high schools should start and end an hour later to increase students' sleep time because lack of sleep causes short attention spans, lack of energy, and a negative attitude towards school.

Lack of sleep makes it difficult for students to pay attention for long periods of time. Instead of focusing completely on the lesson, students are forced to spend some of their energy on trying to stay awake because they are overtired. This can result in them missing an important explanation because they were trying to keep their eyelids open. Some students find it easier to fall asleep while people are talking, so if a lesson is consisted completely of a lecture, then the same tone of voice paired with a topic that may disinterest a student can end up becoming a nap. Another reason a student's attention can be drawn short would be if they were trying to distract themselves in order to keep awake. They might be drawling or playing with their pencil to stay conscious instead of listening properly to the teacher.

Additionally, few hours of sleep causes lack of energy in students. In order for a person's body to carry out daily functions, it needs enough sleep. If a person is over tired, just walking from class to class may seem like much too much energy has been used. School demands fast responses and movements. Lack of rest causes slower movements and less than adequate responses. Also, without a good night's sleep, students' reaction time can be slowed. If they are walking through the halls or to their desk, bags and people in the way may not register as fast as they should in order to be avoided.

Finally, when students have to get up early with little sleep, it makes it more difficult for them to feel positively towards school. Most teens enjoy sleeping into the later hours of the morning, and when school is calling for a six-thirty a.m. wake-up, they can't help but push the blame onto the school. Another reason students may not want to be at school would be wanting to go home and nap, so they don't feel as slow and tired. Furthermore, grumpiness is a common result of small amounts of sleep.

This can cause an all around negative attitude, leading to snappiness and little patience around others.

In short, moving school bells an hour later can help better a student's attention span, increase energy levels and cause an all around better attitude towards learning. Most teens enjoy understanding the world around them, but not getting enough sleep can severely impact their drive to take in and retain new knowledge. Starting and ending high school an hour later will lead to happier and healthier students.

✓ effectively supported arguments with especially strong introduction and conclusion  
well-done, Gabbi!

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