1. What is the **average amount of sleep required for most teenagers** each night?
2. How does this statement explain **why most teenagers don’t get enough sleep**.

*“Recent studies show that adolescent sleep patterns actually differ from those of adults or kids.”*

1. **Why is Sleep Important?**

List five problems associated with “sleep deficit”.

1. **How Can I Get More Sleep?**
2. How have some schools attempted to address this issue?
3. What are some of the practical barriers to this solution?
4. **Better Sleep Tips**Share Five Tips for better sleep.

**a.**

**b**

**c.**

**d.**

**e.**

1. **Technology vs Sleep**

Explain how recent technology is playing a role in this problem leading to even less sleep for some teens.