Sleep and Adolescents

Read the online Article titled *Adolescent Sleep Needs and Patterns* at [www.sleepfoundation.org](http://www.sleepfoundation.org) <http://www.sleepfoundation.org/sites/default/files/sleep_and_teens_report1.pdf>. Then answer the following questions.

1. What is an adolescent?
2. According to the article, what are four negative effects of lack of sleep?
3. According to the article, how much sleep do adolescents need?
4. What is an adolescent’s natural sleep time?
5. How much sleep does a typical adolescent get? How does this compare to what they need?
6. According to the article, what is wrong with changing one’s sleeping habits dramatically on weekends?

In a paragraph or two, summarize the main points of this article, and evaluate how it relates to your own sleep patterns.