

Ten-Minute Paper: Adolescent Sleep Habits

Setting Up: A ten-minute paper requires a detail sentence and two supporting sentences.

I'll do it... Teacher

Based on my experience, many adolescents don't get sufficient sleep during the school week because they stay up late watching television. In many cases, their parents have naively allowed them to install a television in their bedroom. As a result, these youths simply turn down the volume after saying goodnight and watch reruns of favorite shows until midnight or later without their parents being aware.

We'll do it... Teacher and Students

*From my perspective, some adolescents fail to get sufficient sleep on school nights due to poor eating habits. For example, while eating dinner and completing homework during the evening, they consume several caffeinated **(plural noun)** _____ such as **(singular noun)** _____ and _____ that make teens feel **(adjective)** _____ and _____. As a result, they have considerable difficulty calming down and **(verb + ing)** _____*

You'll do it... With a Partner

*From our perspective, many adolescents fail to get sufficient sleep on school nights due to **(noun phrase)** _____*
For example, _____

As a result, _____
