

Critical Thinking Questions

Generation Zzzzzz

Choice - Sept. 2017

Directions: After reading the “Generation Zzzzzz” article, answer the following questions.

1. Despite research about teen sleep cycles, most schools have not changed to later start times. Why do you think that is?
2. On average, how much sleep do you get each night? What is keeping you from getting the amount you need?
3. Out of all the benefits of sleep brought up in the article, which one is most important to you? Why?