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9th Grade Language Arts

Mr. Cross

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Works Cited

"Backgrounder: Later School Start Times." *National Sleep Foundation*. National Sleep Foundation, 2014. Web. 23 Aug. 2014.

**Annotation Sentence 1: Summary of the source’s usefulness as a whole. Sentence 2: One sentence from the source containing quoted material with a parenthetical citation. EasyBib notecard sentence.**

This article on the website is an extensive overview of why later school start times would benefit students in physical, mental, and academic aspects of their lives. Sleepy teenagers may also be struggling with a "sleep phase delay," which researchers Wolfson and Carskadon explain means young adults may not feel tired at bedtime because "the typical adolescent's natural time to fall asleep may be 11 pm or later" (qtd. in "Backgrounder").

Hoffman, Jan. "Hitting the Snooze Button." *The New York Times Upfront* 146.13 (2014): 12-13. Print.

This article explains the slow process of American high schools making the school start times later for high school aged students and discusses a Missouri student who used social media to discourage the school board from starting school even earlier. Research indicates that several rapid eye movement phases of sleep allow people to benefit from the brain's "wildly active" time of "sorting and categorizing the day's data," leading to better processing of information (Hoffman 12).