

The Sleep Case

Trace how a model argument connects claims, evidence, and credible sources.

7W1.b "Support claim(s) with logical reasoning and relevant evidence, using credible sources while demonstrating an understanding of the topic or text."

NAME _____ DATE _____

1 READ AND MARK _____ Read it twice

YOUR JOB Underline the main claim. Circle the evidence that supports it, and number the three sources 1, 2, and 3 to show where the evidence comes from.

A Later Bell for Better Learning

- ① Many students feel sleepy in first period, but a school schedule should be based on evidence. Our middle school should begin at 8:30 a.m. instead of 8:00. The American Academy of Pediatrics recommends that middle and high schools start at 8:30 a.m. or later. In its policy statement, the medical group explains that early start times can limit the sleep adolescents need. This expert recommendation supports a later start because it comes from doctors who study young people's health.
- ② Research also connects later starts with learning. A 2018 study in *Science Advances* examined Seattle public high schools after their start time moved 55 minutes later. Students slept about 34 minutes longer each night, and their median grades rose 4.5 percent. The researchers collected sleep information from students and compared grades before and after the change. This is relevant evidence because it measures results at a real school, rather than only reporting opinions. Although Seattle serves older students, the findings still suggest that added sleep can help students learn.
- ③ However, a later start would require planning. Families might need new bus routes, child-care schedules, or practice times. Those concerns do not erase the health and learning evidence. The Centers for Disease Control and Prevention reports that most U.S. middle and high schools start before 8:30 a.m., even though early schedules may work against teens' sleep needs. School leaders should survey families and plan transportation carefully, then move the start time to 8:30. This choice uses reliable medical guidance and research results, while recognizing a practical challenge.

2 ANSWER WITH EVIDENCE _____ Use the passage

1 What is the writer's main claim about the school start time?

2 What two results did the Seattle study find after the later start time? Why does the writer call this evidence relevant?

3 Why does the American Academy of Pediatrics make a credible source for the writer's argument?

4 What planning challenge does the writer recognize? How does the writer suggest school leaders respond to it?

3 YOUR TURN _____ Your own words

Write a four-sentence recommendation to school leaders about moving the start time to 8:30 a.m. State a claim, use two different pieces of evidence from the passage and name their sources, and address one planning concern. Write 65 to 90 words.

PART 1 • READ AND MARK

Underline the main claim. Circle the evidence that supports it, and number the three sources 1, 2, and 3 to show where the evidence comes from. Accept any marking that follows this job and points at the right text.

PART 2 • ANSWERS

#	QUESTION	ANSWER
1	What is the writer's main claim about the school start time?	The writer claims that the middle school should begin at 8:30 a.m. instead of 8:00 a.m.
2	What two results did the Seattle study find after the later start time? Why does the writer call this evidence relevant?	Students slept about 34 minutes longer each night, and their median grades rose 4.5 percent. The evidence is relevant because the researchers measured sleep and grades at a real school before and after the change.
3	Why does the American Academy of Pediatrics make a credible source for the writer's argument?	It is a medical group of doctors who study young people's health, and its policy statement addresses adolescents' need for sleep.
4	What planning challenge does the writer recognize? How does the writer suggest school leaders respond to it?	Bus routes, child-care schedules, and practice times may need changes. The writer says leaders should survey families and plan transportation carefully before moving the start time.

PART 3 • YOUR TURN (SAMPLE ANSWER)

Our school should move its start time to 8:30 a.m. The American Academy of Pediatrics recommends 8:30 or later for middle and high schools because early starts can limit needed sleep. In a Science Advances study, Seattle students slept about 34 minutes longer and their median grades rose 4.5 percent after a later start. Although bus routes and practice schedules would need changes, leaders can survey families and plan transportation before making the switch.

Accept equivalent wording that accurately identifies the claim, evidence, sources, and practical concern. For the open response, accept a clear claim supported by two accurate passage-based details from named sources and a reasonable response to a planning concern.