Another internal change that occurs during **adolescence** affects our sleep. It has been scientifically proven that the **internal** body _____[1] of a teenager changes during adolescence. This means that a teenager is ready to sleep, on average, _____[2] hours later than a child. **Consequently**, it is normal that many teenagers are not able to sleep before 11 pm. **However**, they still need between _____[3] and ten hours of sleep per night. This means that most teenagers are **sleep deprived** due to the early start of a school day. Teenagers can _____[4] in the afternoon to try and solve this problem, but this can also make it more difficult for them to sleep at night. **Similarly**, teenagers can sleep in at the _____[5] to try and reduce their **sleep debt**, but this can make it more difficult when they go back to school because they are used to sleeping late.

LIVEWORKSHEETS