Are you a teenager who hates getting up early?

Do you skip lessons because you can't get out of bed?

Have you ever dropped a subject because you simply don't have the energy to study? Scientists have found a reason why you can't get up early.

Secondary schoolteacher Mrs. Smith noticed that her pupils were often sleepy. They simply weren't sleeping enough and not because she ___ too much _____. According to scientists, there's a hormone, melatonin, that makes you sleepy, and teenagers get the sleepy hormone two hours later than adults. This means they go to bed later, and they should sleep later. But when school begins at 8.30, they have to get up early to go to school.

So, her solution was to start school at 11 o'clock in the morning. They changed the timetable a year ago, and the results are amazing. In the past, students regularly _____ the first two or three _____, and the ones who managed to arrive on time couldn't concentrate because they were so sleepy. It's very difficult to _____ _____ in class if your body wants to be asleep. Now, students can wake up naturally and sleep long enough.

This year exam results improved by 19%. When you've had enough sleep, you don't _____ _____, and your memory improves too.

LIVEWORKSHEETS