

### Teenage sleep

Another internal change 1. ( that's , that , that's ) occurs during adolescence affects our sleep. It 2. ( has been , have been , was been ) scientifically proven that the internal body clock of a teenager changes during 3. ( adolescent , adolescence , adolescence ). This means that a teenager is ready to sleep, on average, two hours later than a child. 4. ( However , Consequently , Although ), it is normal that many teenagers are not able to sleep before 11pm. However, they still need between eight and ten hours of sleep per night. This means that most teenagers are sleep deprived 5. ( due to , because , in order to ) the early start of a school day. Teenagers can nap in the afternoon to try and solve this problem, 6. ( so , but , and ) this can also make it more difficult for them to sleep at night. Similarly, teenagers 7. ( can , ought , are able ) sleep in at the weekend 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 8. ( sleep , have slept , sleeping ) late.