

This is a letter by Selena Bieber to the students in her school.

Later Is Better!

Selena Bieber

Northville High School

Do you feel it's hard to get up early for school and even harder to listen well in the first class at 8 a.m.? Well, this happens to most of us and is not helpful for our learning!

Some studies show that teenagers' brains make melatonin, the hormone that helps sleep, between 11 p.m. and 8 a.m. So it's better for us to sleep during these nine hours. But here comes the problem. We're asked to get to school by 7:30 a.m. That means we have to get up before 7, when our brains should still be sleeping. That's why we're always so tired and can't think clearly in early morning classes. *No clear head, no good learning, right?*

If we can't change how our body works, why can't school start later? In this way, we can not only sleep more but also learn better!

Want to help us make it happen?

Visit www.nvhsstudsop.org/later-better to learn more.

 brain 大腦 hormone 荷爾蒙

() 1. What problem is Selena Bieber trying to fix?

- (A) High school lessons are too difficult.
- (B) Classes start too early in the morning.
- (C) Too many students are late for school.
- (D) Lunch break is too short for taking a rest.

() 2. What can we learn from the letter?

- (A) Too much melatonin can hurt teenagers' brain.
- (B) The brain stops making melatonin after 11 p.m.
- (C) Sleeping longer helps the body make more melatonin.
- (D) It is easier to fall asleep when the brain is making melatonin.

() 3. Below is some information from another study.

We studied 48 high school students and found that the students who went to bed earlier did better on their school tests. This is not only true for those who slept nine hours, but also true for those who slept less. And some of them agreed that they learned better in early morning classes.

Do the ideas in Selena Bieber's letter agree with the information?

- (A) Yes, because her letter says it is better to sleep from 11 p.m. to 8 a.m.
- (B) Yes, because her letter says getting up early is not helpful for learning.
- (C) No, because her letter says students are asked to get to school by 7:30 a.m.
- (D) No, because her letter says teenagers' brains do not work well in early morning classes.