Name:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_Hour\_\_\_\_\_Date\_\_\_\_\_\_

Directions:

1. Underline the debatable claim
2. Underline transitions throughout
3. Highlight factual evidence and mark in the margin
4. Circle the in-text citation proof (the information in parenthesis)
5. Underline the commentaries and mark in the margin
6. Highlight anecdotal evidence and mark in the margin

“Nap time” should be allowed at school as it is beneficial to the students’ productivity level, learning level, and attitude. I have observed that kids are drowsy, lack creativity, act dull and slow, have overall negative attitudes towards learning and give limited or no effort trying to make connections or solve problems. From my experience, I feel this way 90% of the time because I am usually up late working. However, if I do get a nap or a good night sleep, I am just the opposite which leads me to believe naps are beneficial for students. In an article by Jennifer Soong, Sara C. Mednick, PhD, sleep expert, and author, says that a 20 to 60 minute nap can give burst of energy, improve motor skills, alertness, enhance memory and creativity, and better decision making skills. If a nap over an hour is taken, students or anyone will have increased their ability to make connections in their brain making them better at solving creative and complex problems. (Soong, Jennifer. “Power Naps: Napping Benefits, Length, and Tips.”) This research proves that if students are allowed to take naps during school, their ability to learn and be productive will be increased in every aspect, with multiple other benefits because they will remember what they learned better and will pick up more curriculum with new levels of alertness. Not only does it perfect the students’ ability to learn the surface curriculum, but in addition they will understand it on new levels more in depth while making connections and problem solving. The research also confirms that the stereotype of people being lazy if they take naps is false and is actually quite the opposite. In addition to those positive impacts, naps can improve your mood and attitude. To illustrate the beneficial impacts on attitude, the article “Sleep and Mood, “ from a resource from the Division of Sleep Medicine at Harvard Medical School, says that after sleepless nights you may feel more “irritable, short-tempered, and vulnerable to stress. Once you sleep well, your mood often returns to normal.” It also said that a group of University of Pennsylvania researchers found that people that only received four and a half hours per night for a whole week” reported feeling more stressed, angry, sad, and mentally exhausted. When subjects resumed normal sleep, they reported a dramatic improvement in mood.” (Sleep and Mood.” Healthy Sleep.) A poll I conducted correlated with these studies as the results showed out of 17 students at a middle school, only 1 felt that sleep did not improve their attitude and productivity level. This data insists that my claim is valid. The studies conducted by the Universities agree with my idea that students’ attitudes will improve with a nap, which will not only help students look at everything with an optimistic mind, “ it will decrease bullying because students will not be as irritated, angry, or hostile. Napping is mutually beneficial for everyone and has no negative aspect. Therefore, students should be privileged with the ability to take naps at school.