Teacher Answer Key

Case Study

1. She drank caffeinated sodas late, stayed up past 2 a.m. studying, leading to exhaustion, sugar reliance, and poor focus.

2. Establishing a set bedtime, limiting caffeine, reducing screen time, and journaling before bed helped her regain energy and improve academic performance.

Multiple Choice

1. C

2. B

3. A

Matching

1-B, 2-A, 3-D, 4-E, 5-C

Fill-in-the-Blank

1) sleep debt, 2) screen time, 3) Melatonin

Short Answer (Sample Responses)

Q1: Prolonged study with little rest impairs concentration and memory consolidation, diminishing learning effectiveness.

Q2: Consistent sleep supports emotional regulation in social situations and enables physical recovery for improved athletic performance.

Q3: They can set an earlier cutoff for electronics, engage in calming bedtime routines, and stick to a regular schedule to train their body clock.