

# Online Discussion Assignment - Sleep

For this assignment, you will first need to listen to a segment from a radio interview with author Po Bronson on NPR's "Fresh Air" program. You can find the segment by following this link

<http://www.npr.org/templates/story/story.php?storyId=113347007#>

Obviously you are welcome to listen to as much of the program as you would like, but the part about sleep that is of interest for this assignment starts at about 7 minutes into the segment (and is about 7 minutes long). Next, read the Star Tribune article "Later starts at high school have teenagers 'primed to learn'" (<http://www.startribune.com/local/south/251344031.html>).

Finally, you should post a significant response to this segment (at least a few paragraphs). Be sure to include your name in the title of your post so everyone can identify who it belongs to (i.e. "John Doe's Sleep Response") Your response should be based around the following questions:

1. What are some of the problems about youth and sleep that Mr. Bronson (NPR segment) identifies? and can you relate to them at all? how?
2. How does the Star Tribune article relate to this issue?
3. What might be some potential solutions (whether realistic or not) to these problems?
4. What might be some barriers to these solutions?

The next part of the assignment is to reply to the posts of at least two other people (try to pick people that do not have 2 replies yet - they do not need to be in the same hour as you). Be sure to **include at least 1 question** as part of your reply.

Finally, you need to reply to the replies people made about your initial post.

The deadlines are as follows:

1. initial post (due by Monday, 10/3, 11:59pm)
2. reply to two classmates (due by Tuesday, 10/4, 11:59pm)
3. reply to replies (due by Wednesday, 10/5, 11:59pm)

