

Requirements for each day:

- Fifteen notes are due each day on which the syllabus states “fifteen notecards due.”
- Maximum of five quotes for every fifteen notes. You must paraphrase and summarize as much as possible.
- Give the WC entry and then the notes. For the notes, indicate whether you are paraphrasing or summarizing (P) or quoting (Q). Be sure to use quotation marks for quotes.
- To make things easier when you finally write your paper, put the parenthetical citation after the paraphrase or quote.

Option 1 – Indicate before the information whether you are quoting or paraphrasing and the section of the outline to which the information pertains.

National Institute of Neurological Disorders and Stroke. "Brain Basics: Understanding Sleep." *National Institute of Neurological Disorders and Stroke (NINDS)*. 21 May 2007. Web. 06 Jan. 2011.
<http://www.ninds.nih.gov/disorders/brain_basics/understanding_sleep.htm>.

P 6B: Research shows that people who smoke do not sleep as well or as long as those who do not smoke (National Institute of Neurological Disorders and Stroke).

Comment [CU1]: P indicates this is paraphrase. The 6B refers to the portion of the outline this information relates to.

Q 6B: “Alcohol robs people of deep sleep and REM sleep and keeps them in the lighter stages of sleep” (National Institute of Neurological Disorders and Stroke).

Comment [CU2]: Notice that the citation comes after the quotation mark, but before the period. No page is given because the item is an online document without pages.

P 6A: Sleep specialists suggest that people not change their sleep schedules even on weekends. A consistent schedule helps a person sleep better.

Boyce, Nell, and Susan Brink. "The Secrets of Sleep." *U.S. News and World Report* 136.17 (17 May 2004): 58-68. *EbscoHOST*. Web. 6 Jan. 2011.

P 7A: Teenagers have a naturally later bedtime (Boyce and Brink).

Q 3B: “Before long, some labs noticed that amounts of REM sleep increased as animals learned various tasks but went back to normal after tasks got mastered. What’s more, experiments that deprived animals of REM sleep by disrupting them during this sleep stage found that they didn’t learn as well as animals that got in plenty of dreaming” (Boyce and Brink).

Option 2 – Indicate before the information whether you are quoting or paraphrasing. Color-code the information to your outline.

National Institute of Neurological Disorders and Stroke. "Brain Basics: Understanding Sleep." *National Institute of Neurological Disorders and Stroke (NINDS)*. 21 May 2007. Web. 06 Jan. 2011.
<http://www.ninds.nih.gov/disorders/brain_basics/understanding_sleep.htm>.

P Research shows that people who smoke do not sleep as well or as long as those who do not smoke (National Institute of Neurological Disorders and Stroke).

Q "Alcohol robs people of deep sleep and REM sleep and keeps them in the lighter stages of sleep" (National Institute of Neurological Disorders and Stroke).

P Sleep specialists suggest that people not change their sleep schedules even on weekends. A consistent schedule helps a person sleep better.

Boyce, Nell, and Susan Brink. "The Secrets of Sleep." *U.S. News and World Report* 136.17 (17 May 2004): 58-68. *EbscoHOST*. Web. 6 Jan. 2011.

P: Teenagers have a naturally later bedtime (Boyce and Brink).

Q: "Before long, some labs noticed that amounts of REM sleep increased as animals learned various tasks but went back to normal after tasks got mastered. What's more, experiments that deprived animals of REM sleep by disrupting them during this sleep stage found that they didn't learn as well as animals that got in plenty of dreaming" (Boyce and Brink).

Teenagers and Sleep

- I. Introduction
 - A. Attention-getter
 - B. Thesis: Teenagers, parents, and educators should do more to assure that teenagers are getting enough sleep.
- II. Background
 - A. Function of sleep
 - B. Terminology
- III. Sleep and the brain
 - A. Memory
 - B. Learning
- IV. Sleep and health
- V. Sleep and safety
- VI. Methods of getting good sleep
 - A. Behaviors
 - B. Drugs and alcohol
 - C. Sleep aids
- VII. Teenagers and sleep
 - A. Natural biorhythm
 - B. Technology
 - C. Over-commitment
- VIII. School start times
- IX. Conclusion