

Should school start later in the morning?

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Have you ever been exhausted on a Monday morning and feel like you needed more sleep? Schools should make sure their students are well rested and ready for a long day of learning. School should start later in the morning so students can get a full recommended nine and a half hours of sleep. Students will be more attentive which will help them learn, and teachers will also be more awake and in better moods. Schools should start later in the morning in order for students to have better concentration, energy, and attitudes. Students need a lot of concentration to work hard.

When they tired and drowsy and they are unable to think as well. Also, students need to use their brain when they are writing papers or making speeches, if they forgo sleep they will have many mistakes and will not be able to do their job well. If it is the first class of the day, students may be falling asleep or not listening to the importance of their class. Schools should start at 9: 30, and instead of ending at 3: 05, schools should end around 3: 20 with a little less break time. Let's say a student has a lot of homework one night and so he or she goes to bed at 11: 00 p. m.

That student would not have to wake up at 6: 30 a. m. but would get to wake up at around 8: 00 a. m. and get a full nine hours of sleep.

If they prefer mornings, they can go to bed early, wake up earlier and still complete their homework. Whether they are a morning or a night person, the student will be well rested and alert for the full day of school ahead. Energy is also very important both for students and teachers, instead of being drained and late to class, students would have more energy without being late, and they would be well prepared. Students will work much harder when

they are not lacking sleep. Energy is needed in order to obtain good grades and gain alertness. More sleep is healthier for students and better grades are earned.

About 39, 700 public middles schools and high schools start at approximately 8: 05. Students who have an early start are more likely to skip breakfast, without doing as well in school, and do not engage as much in physical activities. (“ Schools Start Too Early.”) Nobody likes to wake up early, when students do not get enough sleep they can get crabby. If school was pushed back to 9: 30, students and teachers would be much happier and healthier.

Parents will also love this because students will get better grades and have more free time to do chores. They will be focused and attentive, and in addition students will be less late to school. Students also will have a much better attitude towards homework because they can complete it at night and maybe complete some studying in the morning as well. Instead of teachers getting up at 5: 30 to prepare for their classes, teachers will be happy when they get to sleep in as well. Schools should start later for students in order to have better concentration, energy, and a better attitudes. If school started later, students would be more focused and concentrated, instead of being tired and drowsy.

Students would have more energy to do an excellent job on school work. Everyone would get to sleep which could lead to better attitudes