

Schools it. students wake up tired and

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Schools start way too early, let's face it. Students wake up tired and dysfunctional early in the morning just to learn for 8 hours.

Typical school start times and the standardized school system have been known to be outdated and been proven to take a significant toll on students from all varying ages. It's illogical according to all the contemporary discoveries and new studies relating to all this. Although everyone would have to adapt to the new school start time, school starts too early because students do not get the rest they need and later start times reduce the chance of students missing the education they need. The required amount of sleep for young students is typically seven to nine hours of sleep every night. This is unachievable to students that are bombarded with homework and have extracurricular activities.

According to many preeminent scientists, the current school schedule is deleterious and toxic to the teenage health. Sleep experts propose a much later starting time such as 9: 00 a. m.

for older teens since the magnitude of the stage delay and the hours of rest lost increment as teenagers advance through adolescence. Additionally, numerous amount of students going to school in the early morning in a restless state. This is proven to be unhealthy to both the student's physical and mental health and lowers their functionality throughout the day. Furthermore, as teenagers go through puberty, their brains start fabricating sleep-inducing hormones known as melatonin.

According to Time Health, the rate of teenagers producing melatonin is " on a delayed schedule, making it difficult for them to feel tired before 11 p. m. "

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Since school is on a weekly basis for five days a week, students can obtain chronic sleep loss which can be linked to poor school performance. Chronic sleep loss amongst young people can also induce higher risks for obesity, depression, and cardiovascular problems. Moreover, later start times can reduce the rate of tardies. A majority of students simply wake up too late or just can not make it to school on time which can lead to a tardy on their school record. For example, if a student does not get their rest, they end up missing the school bus and either miss or be late to school.

According to The Baltimore Sun, there is a "marked difference in chronic absentee rates between early and later starting schools." The difference is more dramatic when looking at minority students or the individuals who meet the requirements for free and reduced school meals. This matches national patterns and research that found there is a lessening in lateness and non-attendance with acclimations to later school begin times. Distraught understudies advantage twice as much as the normal understudy from changes in school begin times. On the other hand, changing school start time to a later time means that everyone would have to change their daily schedules to adapt to the school schedule. For instance, transportation is a major problem with a change of school start times. Myriads of schools have a balanced transportation system with school busses designed to be efficient and budget friendly. A change to the start time can have a massive impact such as cost, new routes for the busses, and hiring new drivers.

Likewise, extracurricular activities would also have to go through a change. For example, students who are participating in athletics have little time to

practice and prepare for matches. With a delayed start time, the extracurricular activities would have less time to complete their agenda for the day. More importantly, later school times can cause stress for families. According to the National Sleep Foundation, most families " have a highly coordinated schedule worked out to balance the many activities of each of its members.

" Specifically, the parents would have to change their work schedule to meet the time of the school. Currently with early start times many parents wake up in the morning to prepare their children for school. The thought of changing a balanced and already conditioned schedule is intimidating to numerous families.