

Schools should start later

Business



Imagine waking up to that annoying sound from the alarm clock, having to force yourself up and walk toq bathroom.

You don't want to be late for school, do you? How will you ever stay awake and gain the learning you were supposed to? Schools starting at an early time (7: 30 or less) can't get their eight to nine of hours of sleep. Teen students have to get their eight- nine hours of sleep. Why don't schools start later? Did you know about 22, 000 students who ride buses, how to literally force them up. Those students have to wake up at 6 a. m.

Also, 78% of 280 high school students surveyed at Harriton high school in Philadelphia said that it was " difficult to get up early in the morning for school". Most teen bodies are not use to going to sleep early or waking up early. Don't schools want school want students to come more often?

Students who get at least eight-nine hour of sleep increase their attendance significantly. All of the 80 school districts that made their starting time later saw amazing results in attendance. The reason is because teenager's bodies are not accustomed to waking up early or either going to sleep early.

Some don't even get to sleep until midnight. The National Sleep Foundation stated, " Teens are sleepy in the morning because their melatonin (a sleep improving hormone) levels don't fall until eight-o-clock in the morning" .

Schools should start at a later time. It would give teen's time to completely wake up for school. Another reason why schools should start a later time is because teen students could be more alert in class. If teens get the eight-nine hours they are supposed to, they are more awake which results in being more alert in school.

Did you know an estimated 20% of high school student's fall asleep on a regular day! Delaying school an hour can be very beneficial. For example, it can improve memory, improve mood, and improve judgment it even reduces depression! The Journal of Clinical Sleep medicine research showed these results. If you have a teen, and you want that person to be safe, talk to his/her principal. We need to give our students a rest. Literally! You can make a difference.

Talk to your local principal, write letters, write petitions. Come up with ways to make a difference. You can make this issue reality. Get started now. It's all up to you.