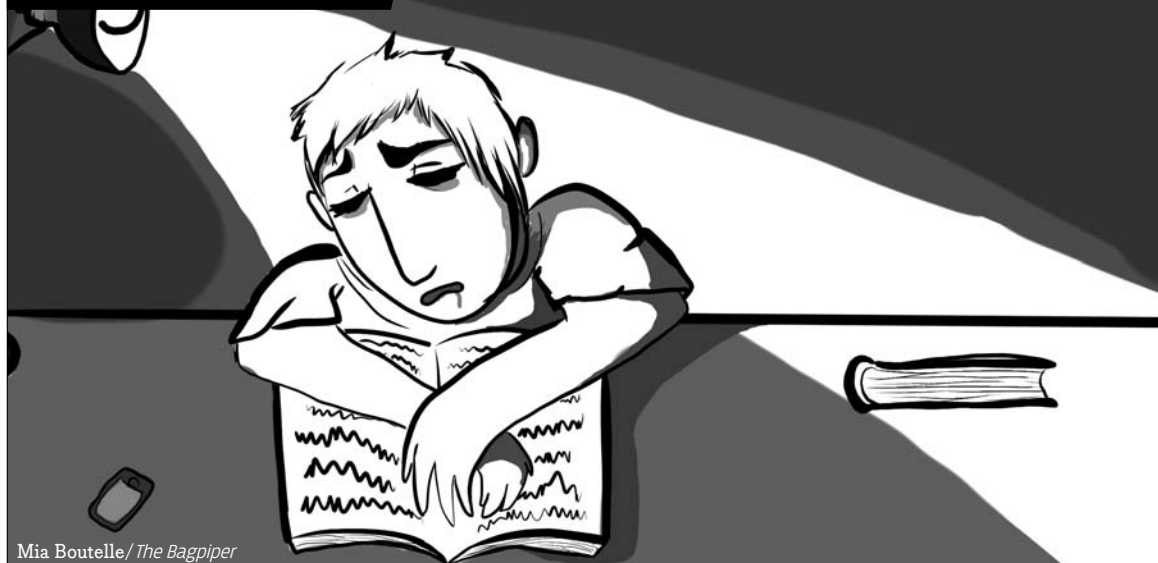


## Staff Editorial



Mia Boutelle/The Bagpiper

# Start times too early for students

Every morning across the county teenagers lethargically crawl out of bed with yet another day ahead of them.

After staying up until midnight the night before doing homework and tending to other responsibilities, they are once again compelled to be at school much too early.

During such a critical point during their lives, teens require on average nine and ¼ hours of sleep each night to optimize their development and productivity during the day. Students stay up late due to their after-school routine of homework, extracurricular activities, social time and

relaxation.

With all of these demands being thrown at them, teens fall short of the suggested sleep average and only get about seven or fewer hours of sleep each night, therefore leaving them to feel unrested throughout the day.

Continuous sleep deprivation can cause an interruption in adolescent brains, which leads to not being able to fall asleep at night, despite being physically exhausted. Irregular sleep patterns also arise, and can also hurt the overall quality of sleep.

The American Psychological Association found that delaying school start times

would not just increase overall classroom productivity, but increase grade-point averages, attendance rates, improve student attention during the day, and decrease student involved car accidents that take place in the morning.

While the current start time gives students time for extracurriculars and jobs, moving back the start time should not affect after-school responsibilities and will increase school focus.

Schools in Indiana such as Wabash City High School and Zionsville have already made the transition to a later start time. In May of 2016, the Zionsville school board voted to push the

high school start time back to 8:30 a.m. starting in the 2017-18 school year.

New Albany-Floyd County School Corporation should consider following along with other high schools in the state and delay start times.

Beginning and letting school out an hour later gives students time to get plenty of sleep. Although there might be some challenges to adjusting to a new start time, it is an achievable goal.

Until then, classrooms will continue to be filled with fatigued students who just need an extra hour of sleep to work at their best ability.

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