

School Should Start Later

Early School Start Times Deprive Students of More than Just Sleep

Is it time for a wake-up call? Rising evidence shows that starting school later can unlock a host of benefits for students, including improved sleep and improved academic performance. These two things also lead to better mental health and overall well-being for students. As the science of adolescent sleep patterns evolve, there has been a growing debate advocating for delayed school start times. Later school start times would have a positive impact and would align with students' natural rhythms and be good for students' success.

Teenagers need a high hour count of sleep everyday to be able make it through day to day activity. Teenagers require more sleep than adults do, according to the Center for Disease Control, since their circadian rhythms change during puberty. Early start times for school frequently cause students to get little sleep, which can cause a number of problems, unstable moods, and a higher risk of mental health illnesses. Students who start school later would be able to acquire the appropriate amount of sleep, which would enhance their mental health and wellbeing.

Explained by research conducted by professionals dedicated to the study of sleep, adolescents' internal clocks are naturally programmed to keep them up later at night and awake earlier in the morning. Yet, because many schools have early start times, they are compelled to get out of bed before their bodies are ready, which results in sleep deprivation. Schools can better support their students' general health and wellbeing by scheduling start times that coincide with children' innate sleep rhythms.

Secondly, students need more sleep to increase academic performance. Research conducted by US News and World Reports website, they have discovered a direct link between later school starts and higher academic achievement. Students can focus better, retain knowledge better, and perform at



Students find it difficult to make it to school in time.

their best when they get a sufficient amount of sleep and are well-rested. The report also explained that kids receive better marks and test results, which eventually benefits their educational outcomes. At OLHS it is common that many students are plagued with sleep deprivation brought on by early school start times, which has been related to higher incidence of sadness, anxiety, and other mental health disorders in kids, particularly high school students. By ensuring that pupils get adequate sleep and are prepared for the difficulties of the school day, starting school later would lower the risk of these mental health disorders.

Communities and families might benefit from later start hours for schools. Parents to students who have to get their kids ready for school frequently experience heightened stress and struggle to balance their work and family obligations. This burden could be alleviated by delaying the start of school and improving work-life balance for parents. Starting school later entails many benefits, including more sleep, better academic performance, better physical and mental health. Schools can greatly benefit from having students who are willing to learn and are willing to face academic challenges every day.