

http://www.somdnews.com/archive/opinion/students-need-more-sleep-later-school-start/article_2bb3d55d-01a0-57c1-a791-8674c868413f.html

Students need more sleep, later school start

Jun 19, 2015

Education is vital to the development of our future. But education is being jeopardized by the lack of sleep students are getting. Sleep is a necessity for students to succeed and focus in class. Schools need to move the start time of schools to a later time in order for students to get the proper amount of sleep needed. Studies show that students in high school go to bed at the earliest at 10 p.m. on a school night. With Advanced Placement classes giving homework that takes hours to complete, some students go to bed even later than that. This leaves students with about six hours of sleep because of needing to wake up around 5 or 6 a.m. in order to make it to school on time. If the school start time would be at 8:30 a.m. or later, then that would give students more time to sleep. Students need an average of eight hours of sleep for their brains to be fully able to function. The results of this movement could be tremendous. Students' performances would improve greatly and increase the level of education for our future generations. This would help students get into better colleges and, in turn, produce a smarter and better prepared generation.

Perry Parker, Owings