Nowadays many adolescents from ages 10-17 just simply don’t get enough sleep. Lack of sleep in teens is associated with increased rates of depression, anxiety, suicidal thoughts, substance use, and abuse. Schools should push back school start times so that students will perform better in their personal lives beyond the classroom and better in school, ensuring better futures.

If schools pushed back school time later down the line this simple change would lead to a lifetime earnings gain of $17,500 per student, largely because of the academic gains from better rest (Gideon). Although some might argue that students should just go to bed, research shows,”American Medical Association recommends that middle and high schools start no earlier than 8:30 am to allow students to get healthy sleep”(Mkibben). Not only does later start times give future advantage and healthier sleep it allows students to get more physically active and not suffer from depressive symptoms(CDC). In order for students to perform better at home they need better sleep or in other words have a later start time. This allows students not to be overweight, have a physical career and not be depressed. Students at home clearly benefit with later start times and will see immediate benefits at school as well.

Having later start times in school will most definitely benefit students at school as well. Even tho some critics would say that some students perform better in school without later start times. However, “More sleep and later rising on school days are associated with better grades”(Dunster). Schools pushing back their start times benefit students' grades significantly. Another popular take on later start times is,”When schools have delayed the start of the school day, communities have seen reduced tardiness, sleeping in class”(Mckibben). Schools pushing back start times show less tardies and sleeping in class which hugely benefits students records in school. Schools most definitely need to start later allowing small changes in the students present days allowing major differences in their future.

All in all, schools pushing back school times significantly impacts students' day to day lives inside of school and out of school. “The American Academy of Pediatrics, Centers for Disease Control and Prevention, and American Medical Association all recommend that middle and high schools start class no earlier than 8:30 am to allow students to get healthy sleep”(Mckibben). This change in students' daily lives fixes them the correct future down line and their future generations.