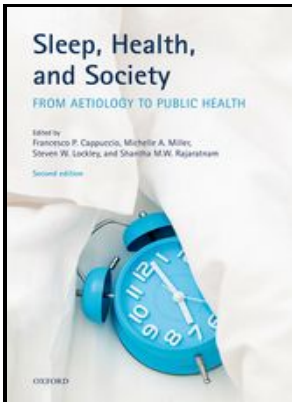


Adolescent sleep needs and school starting times

Phi Delta Kappa - Schools Start Too Early



Description: -

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Teenagers -- Physiology.

Sleep-wake cycle.

School day -- United States. Adolescent sleep needs and school starting times

- Adolescent sleep needs and school starting times

Notes: Includes bibliographical references.

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Tags: #Schools #Start #Too #Early

Schools Start Too Early

. Other Ways You Can Help If you're concerned about the early start time for your child's middle and high schools, you have options.

ERIC

This paper reviews studies examining the association between school start times, sleep, and other outcomes including academic performance, mental health, and motor vehicle collisions among adolescent students.

From Zzzz's To A's

That simply confuses their bodies. Others evaluate the student population either the entire school or specific grades in school before and after the change.

How Would Later School Start Times Affect Sleep?

Other school characteristics, such as socioeconomic status of students, can also have effects on sleep and other outcomes but is often not reported. Many questions remain, such as the issue of how late is late enough? No changes in self-reported grades were reported. Overall care for sleep hygiene, such as having a and following , can also help adolescents regulate their sleep.

School Start Times, Sleep, Behavioral, Health, and Academic Outcomes: a Review of the Literature

Some data that are regularly collected by schools, such as attendance and grades, can be obtained retroactively by researchers. The students who get a good night's sleep improve when they are retested. This book examines sleep needs of adolescents and discusses the implications of these needs for school starting times.

Related Books

- [Family under fire - a conference book](#)
- [Chūgoku no kachōga to Nihon](#)
- [Jews and Christians in Egypt - the Jewish troubles in Alexandria and the Athanasian controversy, ill](#)
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