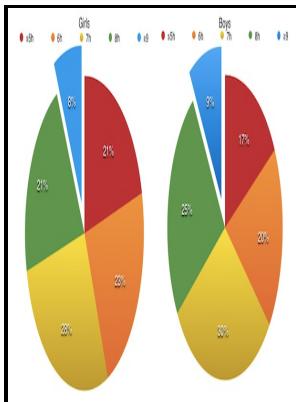


Adolescent sleep needs and school starting times

Phi Delta Kappa - Sleep in Middle and High School Students



Description: -

- Teenagers -- Physiology.
- Sleep-wake cycle.
- School day -- United States. Adolescent sleep needs and school starting times

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Notes: Includes bibliographical references.

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Tags: #How #Would #Later #School #Start #Times #Affect #Sleep?

How Would Later School Start Times Affect Sleep?

Protective and risk factors for adolescent sleep: a meta-analytic review.

Schools Start Too Early

No significant difference in school night sleep start time.

Schools Start Too Early

When he limited his analyses to schools that changed start times over the time course of the study, he confirmed that students at schools that delayed their start times reported significantly less time watching television.

Schools Start Too Early

Results of investigations into longitudinal changes in weight attributable to sleep duration, however, have been mixed. Several studies included in this review found that earlier start times were also related to more frequent tardiness and more absences.

School Start Times and Their Effect On Sleep Hygiene

Finally, in a small study of 15 students who transitioned from grade 9 school start time 8:25 to grade 10 school start time 7:20 , self-reported conduct problems and aggressive behaviors decreased with the change to an earlier start time.

How Would Later School Start Times Affect Sleep?

Overall care for sleep hygiene, such as having a and following , can also help adolescents regulate their sleep.

Schools Start Too Early

Years 9—11 mean age 15. In their 2011 report, Vorona and colleagues compared crash rates for teen drivers aged 16 to 18 years in 2 neighboring, demographically similar cities in eastern Virginia with different start times.

Sleep in Middle and High School Students

Standardized tests such as the Scholastic Aptitude Test or the ACT are not taken by all students and are more likely to be taken by students planning to attend college. The Norwegian study that delayed start times on Mondays included reaction time tests and found that students at the school with delayed start time had significantly fewer lapses and faster reaction times on Monday than Friday compared to no difference among students at the control no delay school. This means going to bed at the same time each night and getting up at the same time each morning.

Related Books

- [On witchcraft - being the wonders of the invisible world, first published at Boston in Octr. 1692 an](#)
- [The Gaming Act \(Variation of Monetary Limits\) \(No. 3\) Order 1992 \(Statutory Instruments: 1992: 2646\)](#)
- [Royal subjects - a biographers encounters](#)
- [Homer, Iliad, book XXIV](#)
- [Minutes May 1943-Nov. 1956.](#)