



Start High School Later in Howard County MD – a public health issue.

Hormonal changes, physical growth, and brain development all change the sleep cycles in teens. Prior to adolescence, children become sleepy at 8 or 9 o'clock. But teens may not experience sleepiness until 11 o'clock, or even later. This change reverts back in our early 20's.

What happens when high school gets moved back by just 30 minutes?

- Test scores improve
- Teens get in fewer traffic accidents
- Teens visit nurses and counselors less often
- Tardiness decreases
- Teens sleep less in class
- Teens report less depression and irritability.

Teen Sleep: How Many Hours Do Teens Need?

Teens need about 9 hours sleep each night...many teens need up to 10 hours. Most teens aren't getting anywhere near this. The National Sleep Foundation estimates that only 15% of teens get that much. This change reverses as we hit our early 20's. This explains why adults can get up early for work but teens function better a little later.

Effects of Teen Sleep Deprivation

1. **Traffic accidents.** Over 80,000 people in America fall asleep while driving...**every day!** Studies find over 50% of those people are teenage drivers.
2. **Excessive sleepiness during the daytime.** In a study in *Pediatrics* (June 2009), 33% of teens reported falling asleep in school.
3. **Increased stress.** Teens have a lot going on in their lives - homework, after school jobs, keeping up with friends, and after school activities. The more they take on, the more sleep they cut out. The more sleep they cut out, the sleepier they get. This chronic stress response impairs their immune system.
4. **High blood pressure .** A study in the science journal *Circulation* (August 19, 2008, by Dr. Susan Redline), reports that teens who do not get enough sleep—or do not sleep well—have a greater risk for hypertension.
5. **Decreased memory and ability to learn.** Sleep deprivation doesn't help students learn to their best ability!
6. **Lack of control.** Sleep deprived teens have a more difficult time controlling their emotions and behavior.
7. Increased rates of **depression** and suicidal thoughts.
8. Also proven to contribute to **obesity.**

To Sign PETITION go to: signon.org/sign/changing-howard-county

If Loudon Co. VA, Minneapolis MN, Greensboro SC, El Paso TX, Knoxville TN, Largo FL, Reno NV, Arlington VA, Wilton CT, Palo Alto CA, Colorado Springs CO, Alexandria VA, and Decatur GA, can do it, so can we!

Petition	Petition	Petition	Petition	Petition
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