

A Tale of Two Student Athletes (and Their School Start Times)

ANNE ARUNDEL COUNTY PUBLIC HIGH SCHOOLS

Maryland | Starting at 7:17 AM

LOUDOUN COUNTY PUBLIC HIGH SCHOOL

Virginia | Starting at 9 AM

<i>ANNE ARUNDEL COUNTY</i>		<i>LOUDOUN COUNTY</i>
Rise and Shine!	5:30 AM	<i>Sleeping</i>
Be at the Bus Stop	6:30 AM	<i>Sleeping</i>
School Starts! 1 st Bell 7:05 Warning Bell 7:12 1 st Period Begins 7:17 AM	7:00 AM	<i>Sleeping</i>
Class Time	7:30 AM	Rise and Shine!
Class Time	8:30 AM	Be at the Bus Stop
Class Time	9:00 AM	School Starts! 1 st Period Begins 9 AM
Lunch/Rest 10:16-11:11 AM	10:15 AM	Class Time
Class Time	11:00 AM	Class Time
Class Time	12:00 PM	Class Time
Class Time	12:15 PM	Lunch 12:12-12:42 PM (A Block)
Class Time	1:00 PM	Class Time
School's Out! 2:05 PM	2:00 PM	Class Time
	2:30 PM	Class Time
2 Hour Sports Practice Begins	3:00 PM	Class Time
Sports Practice	3:45 PM	School's Out! 3:48 PM
Sports Practice	4:00 PM	2 Hour Sports Practice Begins
Sports Practice Ends	5:00 PM	Sports Practice
	5:30 PM	Sports Practice
	6:00 PM	Sports Practice Ends
Dinner with Family	6:30 PM	Dinner with Family

Teenagers need between 8 and 9 hours of sleep a night. Since the hormone required for sleep peaks later at night in teenage brains — typically at about 11 PM — teens with early morning school start times fall asleep at about the same time as students who start school later, but they get less sleep and are chronically sleep deprived.

Lights Out	11 PM	Lights Out
<i>Sleep until 5:30 AM</i>		<i>Sleep until 7:30 AM</i>
= 6.5 Hours of Sleep		= 8.5 Hours of Sleep