



STUDY: HOMESCHOOLED KIDS SLEEP MORE THAN OTHERS

Experts urge later start times at other schools after charting homeschool sleep benefits

National Jewish Health

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SUGGESTED TEASE	STILL TO COME, AN ADVANTAGE TO HOMESCHOOLING THAT MIGHT JUST BE A WAKE UP CALL FOR OTHER SCHOOLS. HOW LETTING CHILDREN SLEEP IN, PAYS OFF - NEXT IN HEALTH NEWS.
ANCHOR LEAD	THE MERITS OF HOMESCHOOLING HAVE BEEN DEBATED FOR DECADES, BUT THERE IS ONE AREA IN WHICH HOMESCHOOLED CHILDREN CLEARLY HAVE AN ADVANTAGE. A NEWLY PUBLISHED <u>STUDY</u> ¹ SHOWS THAT CHILDREN WHO ARE TAUGHT AT HOME GET MORE SLEEP THAN THOSE WHO GO TO PRIVATE AND PUBLIC SCHOOLS. AND THE BENEFITS ARE EYE OPENING. WITH DETAILS, HERE'S CLARK POWELL.
	(Nats - alarm going off on phone) :02
CG: Courtesy: National Jewish Health Shots of alarm going off / Caelin getting out of bed	IT WAS ONLY AFTER HE UNDERWENT SLEEP THERAPY THAT CAELIN JONES FELT LIKE HE COULD FULLY FUNCTION IN THE MORNINGS. FOR YEARS HIS ALARM WENT OFF AT SIX, BUT FOR HOURS HIS MIND STRUGGLED TO CATCH UP. :10
CG: Caelin Jones Teen who had sleep therapy :10 - :18	"I would get to school and pretty much be the same as all the other kids. We were all just bleary eyed and kind of like 'Why are we here at this time? I don't want to be here!'" :11
Shots of Caelin packing book bag Shots of teen undergoing study in a sleep lab	THAT'S NOT AN UNCOMMON ATTITUDE FOR TEENAGERS, BUT IT MAY NOT ENTIRELY BE THEIR FAULT. EXPERTS SAY - TRY AS THEY MIGHT - TEENAGERS SIMPLY CAN'T FALL ASLEEP AS EARLY AS OTHERS. :10
CG: Lisa Meltzer, PhD National Jewish Health :31 - :38	"It's not just that they don't want to, or that they have a lot of activities or facebook or homework time, which they do as well, but they physiologically <i>can't</i> fall asleep earlier anymore." :08
Shot of Dr. Meltzer looking at data with colleague Shots of Meltzer looking at screen Shots of homeschooler in bed	LISA MELTZER IS A SLEEP PSYCHOLOGIST AT NATIONAL JEWISH HEALTH IN DENVER. SHE SAYS THE PRODUCTION OF MELATONIN - THE HORMONE THAT HELPS REGULATE OUR SLEEP - SHIFTS BY ABOUT TWO HOURS IN TEENAGERS. BECAUSE OF THAT THEY NEED TO SLEEP LATER IN THE MORNING, BUT MOST PUBLIC AND PRIVATE SCHOOLS DON'T ALLOW IT. :16
	(Nats - bell) :01

<p>Shots class / homeschool (Graphic)</p> <p><i>Typical School vs Homeschool</i></p> <ul style="list-style-type: none"> -Homeschooled sleep 90 minutes more a night -Wake up nearly 20 minutes after other schools have started -In public/private schools, 44.5% don't get enough sleep 	<p>SO, TO SEE HOW THAT IMPACTS TEENAGERS SHE COMPARED TYPICAL STUDENTS TO THOSE WHO ARE HOMESCHOOLED. WHAT SHE FOUND IN THIS FIRST OF A KIND STUDY, WAS EYE-OPENING.</p> <p>ON AVERAGE, TEENS WHO ARE HOMESCHOOLED SLEEP 90 MINUTES MORE A NIGHT. IN FACT, THEY WAKE UP NEARLY 20 MINUTES AFTER OTHER SCHOOLS HAVE STARTED. AND IN PUBLIC AND PRIVATE SCHOOLS, NEARLY HALF OF ALL STUDENTS DON'T GET ENOUGH SLEEP.¹ :21</p>
<p>Dr. Meltzer (CG'd earlier)</p>	<p>“And it impacts every aspect of functioning. So you think about academics, they're ability to learn, concentrate, pay attention, is all diminished when you haven't had enough sleep.” :09</p>
<p>Shots in classroom</p> <p>Shots of teens driving</p> <p>Shots of Dr. Meltzer in sleep lab</p>	<p>IT ALSO AFFECTS EVERYTHING FROM A TEENAGER'S MOOD TO THEIR ABILITY TO DRIVE, WHICH IS WHY MELTZER IS USING THIS STUDY TO URGE SCHOOLS TO RETHINK THEIR HOURS.</p> <p>AT NATIONAL JEWISH HEALTH IN DENVER, THIS IS CLARK POWELL REPORTING. :11</p>
<p>ANCHOR TAG</p>	<p>EXPERTS SAY SCHOOLS THAT HAVE MOVED START TIMES BACK REPORT LESS TARDINESS AMONG TEENAGERS AND HIGHER GRADUATION RATES.</p> <p>THEY INSIST THAT THIS STUDY DOESN'T MEAN THAT THOSE WHO ARE HOMESCHOOLED ARE BETTER STUDENTS, NECESSARILY, BUT THEY ARE MORE RESTED.</p>
<p> Share it! Suggested tweet:</p>	<p>Experts @NJHealth compare sleep of homeschooled kids to those in public/private schools. The eye-opening results: bit.ly/W5NobD</p>
<p> Suggested post:</p>	<p>A newly published study says your teens have a biological excuse to sleep in and schools may want to be more accommodating. Check out the results from the first study to compare sleep patterns between children who are homeschooled and those who go to public or private schools: bit.ly/W5NobD</p>
<p>References -</p>	<p>¹<i>Start Later, Sleep Later: School Start Times and Adolescent Sleep in Homeschool Versus Public/Private School Students</i>, Behavioral Sleep Medicine, Volume 14, Issue 2, February 2016. Online: http://www.tandfonline.com/doi/full/10.1080/15402002.2014.963584</p>
	<p style="text-align: center;">Extra Bites</p>
<p>CG: Lisa Meltzer, PhD National Jewish Health</p>	<p><i>Dr. Meltzer talks about the issue with most school start times -</i></p> <p>“We have a school system set up that the youngest children, who are the ones who are usually awake very early in the morning, are the ones that start school the latest and our adolescents are asked to literally wake up and go to school and be there at a time when their brains should physiologically be asleep.” :14</p>

<p>CG: Lisa Meltzer, PhD National Jewish Health</p>	<p><i>Dr. Meltzer talks about the sleep patters of those homeschooled -</i> “In our study when we compared that to homeschool children, who don’t necessarily have to wake up at a certain time, don’t have to catch the early school bus, we find that they’re sleeping in, sleeping later and the homeschool children were actually waking up after the public school children were already in school.” :14</p> <p><i>Dr. Meltzer talks about the perpetual loss of sleep in teens -</i> “If they need 9 hours of sleep and they’re only getting, on average, about 7 hours of sleep, by the end of the school week they’re 10 hours of sleep behind. I mean, that’s more than a full night of sleep behind.” :09</p>
<p>CG: Caelin Jones Teen who had sleep therapy</p>	<p><i>Caelin talks about how he felt in the mornings before school -</i> “I would wake up in the morning, and want to go right back to sleep. Everytime.” :06</p> <p><i>Caelin talks about how a lack of sleep impacted his mood -</i> “When I was awake enough to have a mood, it was generally kind of grouchy. I would just snap at everybody.” :07</p> <p><i>Caelin’s advice to other teens at bedtime -</i> “It won’t kill you - you can do without your cell phone for an hour. And go to bed on time consistently - like anywhere within 10 minutes of a set time and you should be good.” :13</p>
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