

Study finds later school start times prevent sleep deprivation for parents of middle and high school students

Bedtimes remained constant while parents of adolescents slept later into the morning

National Jewish Health

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NEWS PACKAGE

SUGGESTED TEASE	GETTING TEENAGERS UP AND MOVING IN THE MORNING CAN BE A STRUGGLE. COMING UP, A NEW STUDY FINDS ADJUSTING SCHOOL START TIMES CAN HELP PARENTS GET MORE SLEEP AND MAKE THE MORNING ROUTINE A LITTLE EASIER.
ANCHOR LEAD	<p>ANY PARENT OF A TEENAGER CAN LIKELY COMMISERATE ABOUT TRYING TO GET THEIR KIDS UP FOR SCHOOL IN THE MORNING, BUT THE TRUTH IS THAT IT'S NOT ALL THEIR FAULT.</p> <p>THE MAJORITY OF TEENS ARE SLEEP DEPRIVED³, DUE IN PART TO EARLY SCHOOL START TIMES, AFFECTING THEIR ABILITY TO LEARN AND INCREASING THEIR RISK OF MAJOR HEALTH PROBLEMS SUCH AS HYPERTENSION, OBESITY AND DEPRESSION.²</p> <p>RESEARCH HAS SHOWN THAT DELAYING SCHOOL START TIMES HELPS KIDS GET MORE SLEEP, AND NOW A NEW STUDY¹ BY NATIONAL JEWISH HEALTH FINDS IT ALSO HELPS THEIR PARENTS GET THE SLEEP THEY NEED, BUILDING THE CASE TO URGE MORE SCHOOL DISTRICTS TO MAKE A CHANGE. BARB CONSIGLIO HAS THE DETAILS.</p>
(PACKAGE START) ----- CG: Courtesy: National Jewish Health :00 - :03 Shots of Kelly and kids leaving for school	(Nats - Kelly and kids leaving the house) :02
Shots of Kelly teaching in classroom	(Nats - Kelly teaching) :01
	AND AS A TEACHER, SHE NOTICED HER FIRST

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<p>CG: Kelly Osuna Mom and teacher</p>	<p>CLASS OF THE DAY IS OFTEN NOT AS ALERT AND READY TO LEARN. :05</p> <p><i>“It was just a constant struggle of, you want to be compassionate, but at the same time, they're falling asleep and nodding off in the morning.” :10</i></p>
<p>Shots of kids in classroom</p> <p>Shots of Kelly teaching</p>	<p>RESEARCH HAS SHOWN THAT ADOLESCENTS ARE SIMPLY NOT BIOLOGICALLY EQUIPPED TO RISE EARLY DURING PUBERTY, BUT A NEW STUDY BY THE SLEEP CENTER AT NATIONAL JEWISH HEALTH FINDS EARLY SCHOOL START TIMES ARE ALSO DETRIMENTAL TO THEIR PARENTS’ SLEEP. :11</p>
<p>CG: Lisa Meltzer, PhD National Jewish Health</p> <p>Shots of kids in classroom</p>	<p><i>“We talk a lot about teens being sleep deprived, but we know adults are sleep deprived as well. It's very hard to make up that sleep debt.” :07</i></p> <p>SO RESEARCHERS PARTNERED WITH A LARGE SCHOOL DISTRICT NEAR DENVER TO EXAMINE THE IMPACT OF ADJUSTING MIDDLE AND HIGH SCHOOL START TIMES LATER AND ELEMENTARY SCHOOLS EARLIER. :08</p>
<p>Dr. Meltzer(CG’d earlier)</p>	<p><i>“Fewer parents reported feeling tired if you had a student in middle school or high school as they were getting more sleep.” :06</i></p>
<p>Shots of Kelly’s kids studying at home</p>	<p>THE STUDY FOUND THAT PARENTS DIDN’T GO TO SLEEP ANY LATER WHEN MIDDLE AND HIGH SCHOOL START TIMES WERE MOVED BACK, BUT THEY SLEPT LATER IN THE MORNING.</p>
<p>Shots of Dr. Meltzer reviewing research</p>	<p>AND THE NEW START TIMES DID NOT AFFECT THE SLEEP OF PARENTS OF YOUNGER CHILDREN, WHO REPORTED MOVING BOTH BEDTIMES AND WAKE TIMES SLIGHTLY EARLIER. :15</p>
<p>Dr. Meltzer(CG’d earlier)</p>	<p><i>“A lot of parents said, ‘Not only did it help my sleep, but it helped our family in the morning in particular. My teenagers were less grumpy. It was a lot easier to wake them up in the morning.’ I think those family functioning things are important as well.” :14</i></p>
<p>Shots of Kelly and kids having breakfast</p>	<p>THAT WAS THE CASE FOR KELLY, WHO IS SEEING THE BENEFITS IN THE CLASSROOM AND AT HOME. :04</p>
<p>Kelly Osuna (CG’d earlier)</p>	<p><i>“I feel much, much more alert. And I notice that at the end of the day where I still have some energy, I'm not dragging at the end of the day, so that helps our family</i></p>

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<p>Shots of Kelly and kids having breakfast (PACKAGE END) ----- ANCHOR TAG</p>	<p><i>time.</i>" :13</p> <p>AT NATIONAL JEWISH HEALTH, THIS IS BARB CONSIGLIO REPORTING. :03</p> <hr/> <p>DESPITE MOUNTING EVIDENCE ON THE BENEFITS OF ADJUSTING SCHOOL START TIMES, THE VAST MAJORITY OF MIDDLE AND HIGH SCHOOLS STILL BEGIN THE DAY BEFORE EIGHT A-M – FAR TOO EARLY, ACCORDING TO EXPERTS.</p> <p>WHILE THERE ARE LOGISTICAL CHALLENGES TO MAKING THESE ADJUSTMENTS, SUCH AS CHANGING BUS ROUTES AND EXTRACURRICULAR SCHEDULES, EXPERTS SAY IT'S WORTH THE EFFORT TO IMPROVE THE HEALTH AND WELLBEING OF STUDENTS AND THEIR FAMILIES.</p>
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SOCIAL MEDIA

<p> Share it! Suggested tweet:</p> <p> Suggested post:</p>	<p>Getting teenagers up and moving in the morning can be a struggle, but a new study by researchers at @NJHealth finds adjusting school start times can help parents get more sleep and make the morning routine a little easier. https://bit.ly/3mGqat1</p> <hr/> <p>Early school start times contribute to sleep deprivation for both teens and their parents. Now, a study by researchers at National Jewish Health finds adjusting middle and high school school start times later allows parents to get more sleep, making the morning routine easier for parents and helping kids arrive at school ready to learn. https://bit.ly/3mGqat1</p>
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EXTRA BITES

<p>CG: Lisa Meltzer, PhD National Jewish Health</p>	<p>Dr. Meltzer says some schools say changing start times is too complex: <i>"We do see that this movement is going forward in certain places, but many districts still feel that the logistics of making this change are too complex, which is a shame because what we're talking about is the health and wellbeing and educational opportunities for our students."</i> :16</p> <p>Dr. Meltzer says these policy changes affect the whole family and the community: <i>"Kids don't live in a vacuum. Kids live within a very complex family system. You have to take into account that a policy change that impacts kids is going to impact parents, teachers, and the entire community."</i> :11</p>
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CG: Lisa Meltzer, PhD
National Jewish Health

Dr. Meltzer says parents had to get up very early to get their kids on the bus:
“If you have a student who starts school at 7:10 AM, some of these students were on the bus at 5:55 AM. That involves parents getting up in order to make sure the kids get up and so it’s really important to see that this change is helpful for the entire family.” :16

Dr. Meltzer explains how school start times were adjusted:
“High schools were delayed 70 minutes from 7:10 to 8:20 AM, and middle schools were delayed from 8:00 to 8:50 AM, and elementary schools actually moved one hour earlier in order to accommodate the start time change.” :12

Kelly says the start change has decreased absenteeism:
“One of the best changes, I think, is the absenteeism has gone down a ton. We used to notice that it’d be first hour, even sometimes in the second, where we’d have a lot of absenteeism. And that was really tough to get the kids caught back up.” :17

CG: Kelly Osuna
Mom and teacher

Kelly says it makes more sense to have young kids start earlier:
“I always remember thinking when I was first starting out teaching and I had very young children, thinking, ‘Why are little kids not starting school until 9:00 in the morning when they’re up at five, and then our older kids who don’t want to get up, they had to come so early.’” :19

Kelly says her students come in with a better mood and other districts should make this change:
“I’ve noticed a difference in just the mood that kids come into school with now that they start a little bit later. And I think other districts would see that too, if they made this same switch.” :13

References

¹*Impact of changing school start times on parent sleep, Sleep Health, Volume 7, Issue 5, Oct. 9, 2021.* Online: <https://doi.org/10.1016/j.sleh.2021.08.003>

²*Schools Start Too Early, Centers for Disease Control and Prevention, May, 2020.* Online: <https://www.cdc.gov/sleep/features/schools-start-too-early.html>

³*Short Sleep Duration Among Middle School and High School Students — United States, 2015, Centers for Disease Control and Prevention, Jan. 26, 2018.* Online: <https://www.cdc.gov/mmwr/volumes/67/wr/mm6703a1.htm>

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