

nobody else has thought

-Albert Szent-Gyorgyi

100/100

Teens waking up every morning at 6:00a.m. 5 days a week does not benefit their circadian rhythms. Wouldn't you rather wake up in the morning being able to look at your phone screen because you actually got enough sleep? Sleep is just as important as eating and exercising. ~~From my research, school start times should be changed.~~

Revised

When it's time to wake up in the morning for school, teens bodies still think it's the middle of the night. This is sometimes caused by poor sleep habits, hectic schedules, or school start times, which is most affective. The consequences of teen sleep deprivation are very serious. It can result in poor performance in sports and education, emotional and behavioral problems, and health issues. Teens are supposed to get 9 1/4 hours of sleep per night, but with early school start times, they can't do that.

In conclusion, school start times should start later because of the average teens circadian rhythm. Sleep deprivation is a widespread health problem for teens and can be stopped