

Persuasive Essay

School Should Start Later

1 In elementary school I was a morning person. I woke up without an
2 alarm clock and was ready for school on time without a bunch of help from
3 my mom. Even on Saturday and Sunday I was up with the sun. Then I hit
4 high school and everything changed. I stayed up late studying or reading
5 but I couldn't wake up in the morning. It was such a drastic change I
6 thought something was wrong with me. Then I read an interesting
7 newspaper article that explained everything. It seems doctors and
8 researchers who study sleep has discovered that teenagers have different
9 needs for sleep than other people. It's important scientific evidence to
10 conclude that the hours we are in school should be changed. A simple one
11 hour shift in the school day would make an incredible difference.

12 Teenagers need an average of 10 hours of sleep at night because they
13 are changing. Sleeping more hours at night does not just make teenagers
14 happier. Students who attend schools that begin class one hour later
15 perform better at academics. Students have better concentration levels
16 and higher standardized test scores.

17 Not only will we have higher achievement in school, but we are likely to
18 have fewer car accidents. One study reported that more teen auto
19 accidents are the direct result of sleeplessness as opposed to alcohol
20 consumption which is what people generally think is the leading cause of
21 accidents. More sleep at night allows teenagers to be more focused.

22 Extracurricular activities will also start an hour later. This means fewer
23 kids will be going home to empty houses. Several national studies indicate
24 that most juvenile crimes occur between 2:00 PM and 4:00 PM and the
25 number of juvenile crimes could be significantly reduced.

26 People sometimes think that sleeping late as a teenagers is a sign of
27 laziness or that kids who stay up late are irresponsible. Now we know that
28 these activities are just part of a natural growing process that adolescents
29 go through. Teenagers need more sleep. The quality of life for teenagers
30 and those around them could be significantly enhanced by altering the
31 hours we are in school.

Persuasive Essay Overlay

Changing Hours Would Benefit Everyone School Should Start Later

- 1 ^{Throughout} ~~In~~ elementary school ^{and middle school}, I was a morning person. I woke up without an
- 2 alarm clock and was ready for school on time without ~~a bunch of~~ help from
- 3 my mom. Even on Saturday and Sunday I was up with the sun. Then I ^{started} ~~hit~~
- 4 high school ^{suddenly} and everything changed. I stayed up late studying or reading
- 5 ^{and then} but I couldn't wake up in the morning. ^{I experienced} ~~It was~~ such a drastic change ^{in my sleep patterns} that
- 6 I thought something was wrong with me. Then I read an interesting
- 7 newspaper article ^{about sleep patterns in teens} that explained everything. ^{The article reported that} ~~It seems~~ doctors and
- 8 researchers who study sleep ^{have} ~~has~~ discovered that teenagers have different
- 9 needs for sleep than other people. ^{This research is} ~~It's~~ important scientific evidence to
- 10 ^{supporting my claim} ~~conclude~~ that the hours we ^{teens attend} are in school should be changed. ^{Starting and ending school} ~~A simple~~ one
- 11 ^{later} hour shift ~~in the school day~~ would make an incredible difference.
- 12 ^{Researchers have discovered that} ~~Teenagers~~ need an average of ^{ten} ~~10~~ hours of sleep ^{of their rapid growth and physical changes} at night because they
- 13 ~~are changing~~. Sleeping more hours at night does not just make teenagers
- 14 happier. ^{Rather} ~~Students~~ who attend schools that begin class one hour later
- 15 perform better ^{academically} ~~at academics~~. ^{in Minnesota who had later start times} ~~Students~~ have better concentration levels ^{had}
- 16 and higher standardized test scores. ^{than did students who started earlier}

▶ Chapter 22

- 17 Not only will ^{teens perform better} we have higher achievement^o in school, but ^{they} we are likely to
- 18 have fewer car accidents[^]. One study reported that more teen auto
- 19 accidents ^{are related to sleepiness than to} are the direct result of sleeplessness as opposed to^o alcohol
- 20 consumption which is what people generally think is the leading cause of^o
- 21 ~~accidents~~^o. More sleep at night allows teenagers to be more focused[^] ^{on the road as well as on studies}
- 22 ^{By changing school hours} Extracurricular activities will also start[^] ^{and end} an hour later. This means fewer
- 23 kids will be going home to empty houses. Several national studies indicate
- 24 that most juvenile crimes occur between 2:00 PM and 4:00 PM and the
- 25 number of juvenile crimes could be significantly reduced. ^{if school hours were changed}
- 26 People sometimes think that ^{teens who} sleeping late as a teenagers is a sign of^o
- 27 ~~laziness~~^o or that kids who stay up late are irresponsible. Now we know that
- 28 these ^{changes in sleep patterns} activities^o are just part of a natural growing process ^{of} that adolescents^o
- 29 ~~go through~~^o. ^{There is significant scientific proof that} Teenagers need more sleep. The quality of life for teenagers
- 30 and those around them could be ^{markedly} significantly enhanced by altering the
- 31 hours ^{teens} we are in school.