

Why school should start later?

Morning in adolescence is associated with lack of sleep for students and neurosis for parents. Yes son or daughter to school — a daily practice, and from family to family methods of awakening of varying degrees of ingenuity. Turn on the lights and tear the blanket with sleeping — not the most sophisticated way to sleep. Sometimes parents include loud music, buying the intricate alarms that fly around the room or require an eight-digit password to disable. Needless to mention the cases when children doused with cold water, time to collect them in school?

Sleep researcher, University of California Wendy Troxel believes that "snatching" from the dream at the age of 13 to 18 years directly affects their intellectual development and health. Dignity of idleness: how to learn to play the fool

Lack of sleep affects the ability of a teenager to learn. If a child gets a daily dose of sleep, his brain is able to focus better, memorize and process information he receives in class. Chronic lack of sleep these abilities are reduced.

Research Troxel, only 1 out of 10 teenagers sleeping 8-10 hours a day. Eight hours is the lower limit of normal, for example, a "C grade". Besides, it is impossible to be sure that the child is really asleep. He can just lie there with my eyes closed, digging into the device or to read.

"So kids are to blame, why don't they just go to bed early?!" This is the view of parents, confident that the regime is easy to establish strict discipline. Yes, you can force the child to be in bed a certain time, but that doesn't mean that his body will fully recover by the start of the school day.

Causes of lack of sleep in teenagers

In puberty the human biological clock is shifted. This is due to the acceleration of the production of the hormone melatonin, which is responsible for sleep. It is called a regulator of circadian rhythms, because the amount of melatonin in the body affects the feeling of cheerfulness and drowsiness. A peculiar mode switch "day/night". Because of this offset time, sleep and Wake the teenager shifted two hours back, because the release of melatonin in the adolescent body is not at nine in the evening, adults or small children, and at 11 PM.

That is, in the present teenagers want to not sleep at 21:00 and 23:00.

Troxel the study results comparison: "to Wake the teenager at six in the morning — it's like waking adult in four. Don't know about you, but when I get up at four in the morning, I feel like a zombie. Absolutely useless". How to take new material and show good results in training, if an adult in this state would not be worth driving?

Similar challenges Teens around the world face each day. Experts on sleep seriously believe that such common attributes of adolescent behavior, like mood swings, irritability, laziness, and depression may be consequences of chronic sleep deprivation. To save energy for the whole day, folks resort to quick ways to fill it: drink coffee and energy drinks. So we get a generation "tired and nervous" teenagers.

Libl Hubertus, " Sleeper small Savoyard".(source: WikiArt)

How dangerous lack of sleep

How to harm the child, without resorting to a beating

Supporters of the later start of the school day know that in adolescence the brain develops most rapidly. Especially those parts responsible for thought processes, including finding the cause-and-effect relationships, problem solving and the formation of beliefs. At this time the human personality is formed, and if his body is exhausted, he will not be able to develop in full force. They will not be able to concentrate, their memory and attention scattered, but the hormones it requires activity.

This is reflected in the sharp emotional reactions that make parents of teenagers in shock.

The consequences of sleep deprivation continue to occur outside of school. In adolescence increases the risk of mental disorders, including depression and suicidal tendencies. At the same time formed a dependency [do my essay online free](#), including alcohol, tobacco and drugs. In their study, Troxel gives the following data: for every hour of sleep deprivation in high school students by 38%, increases the feeling of anxiety, sadness and hopelessness, and 58% increases the desire to commit suicide. In addition, chronic lack of sleep is the cause of obesity, heart disease and diabetes.

Why are we doing this with their children

More on this topic:

How important it is not to want to work and want to learn

The epidemic of sleep deprivation among teenagers is the result of the established social order, which was formed in the mid-twentieth century and have remained largely unchanged. Morning ritual of working people from the middle class looks like this: Wake up, Wake up the kids, gather

them, feed Breakfast, take to school or send them to a bus and then have to prepare for the beginning of the working day.

School infrastructure is subject to the needs of adults, but lose sight of the peculiarities of development of children.

The international organization for the protection of health is recommended to start classes for middle and high school not earlier than 8:30. Moreover, in almost all countries school starts at the same time for all ages, and not always the time of the first call meet the recommended norm.

That's what time begins study at schools in different countries:

- In Moscow and St. Petersburg, the lessons begin at 08:00 and 08:30 and even 9:00. In other cities the variation is wider — from 07:00 to 09:30.
- In Japan, the lessons begin no later than 08:30 in China — from 07:00 to 08:00 Germany 08:00 to 9:00.
- Public schools of great Britain and British Commonwealth countries (Australia, Canada and New Zealand) begin their work at 9:00.
- Private schools govern the beginning of the school day at their discretion.
- In the US, 40% high schools (high schools) start working before 08:00, 10% — before 07:00 and only 15% after 08:30.

The Gaspar Traversi, the picture with the sleeping girl.(source: The Metropolitan Museum of Art)

"Late start classes"

These figures are provided as arguments for the movement to protect biological needs of pupils Start School Later, or "Start lessons later." Among the members of this movement meet not only students and parents but also scientists, public figures and civil servants. Their challenge is to convince the public that a healthy start of the school day will help students middle and high school to better and faster develop their skills and abilities.

Skeptics might argue: "If you give children the opportunity to get up an hour later, they will be late to sleep". The sleep researchers, this assumption is rejected. Teenagers go to bed at the same time as usual, just sleeping longer. They often appear in the classroom. The experiment showed a decrease in the number of truancy first lessons 25% when you shift the beginning of the school day forward by one hour. Unsurprisingly, the children began to achieve higher results in school, their emotional and physical condition has improved, and the climate in the family became more pleasant, which pleased their parents.

In the same area where the experiment was conducted, even the percentage of accidents decreased by 70%.

With so many benefits, the public is not yet ready to meet the natural characteristics of adolescent development. Most of them believe that the withdrawal of teenagers from the comfort zone will prepare you for real life. The sleep researchers, however, argue that we need to give children the opportunity to sleep as much as their body requires at this age. We don't deprive kids of up to three years from a NAP, to prepare them for kindergarten.

In search of a solution to the problem

You don't love their children

Worldwide there are funds to study the problems of sleep, the most famous of them — the American National Sleep Foundation. He fully supports the initiative to change the start time of classes for teenagers, and sponsoring projects that seek to prove of great public benefit of this reform. However, this would require to change the whole infrastructure: revise the schedule of public transport, improvements in roads, to handle childcare before and after school, adjust to a new schedule for the catering sector, sports and cultural institutions.

Established in many years ago the system it is difficult to make, so, despite the efforts of enthusiasts, the question of a later start of the school day and remains open.