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AT: Language and Composition

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Annotated Bibliography

Cornwell, Paige. "Seattle Public Schools Approves Later School Start Times for Teens." *The Seattle Times*, 18 Nov. 2015, www.seattletimes.com/seattle-news/education/seattle-board-approves-later-start-times-for-schools/. Accessed 13 Feb. 2024.

This article, written by Paige Cornwell for *The Seattle Times* in 2015, discusses Seattle Public Schools' decision to adjust school start times and the reasons behind that change. The source discusses that Seattle Public Schools adjusted schools to have later start times to align better with recommendations made by the American Academy of Pediatrics. High schools and some middle schools have moved start times to 8:45, a change supported by parents, teachers, sleep scientists and the Seattle teachers union to benefit student's learning, health, and overall well being. This marks a significant change within a large American city towards recognizing the needs of students and the issues within the school system. The decision to do this is encouraging for students and is backed by credible research suggesting the benefits of later start times for teenagers' biological clocks. The author, Paige Cornwell, is a Seattle Times staff reporter who commonly writes news stories about events occurring in Seattle, and her report in this piece provides a detailed overview of the decision and the logical reasoning behind it. This article's purpose is to inform people of the new early start times by providing real data to support

and possibly push other school districts to follow after them, targeting an audience interested in education reform and the well being of students. This source is important to understand the impact of school start times on student health and academic performance and provides insight for other districts to reanalyze their start times.

Fox, Maggie. "Sleep-Deprived Teens Cause Crashes, Study Shows." *NBC News*, 20 May 2013, www.nbcnews.com/healthmain/sleep-deprived-teens-cause-crashes-study-shows-6C10002034. Accessed 9 Feb. 2024.

This *NBC News* article reveals the dangers of sleep deprived teenagers and its correlation with increased car crashes. The research examined driving records of thousands of young drivers aged 17 to 24. By analyzing their sleeping patterns and driving trends, the study found that people who reported less sleep had a significantly higher risk of being involved in a car crash compared to individuals who got more sleep. This emphasizes the issue of sleep deprivation in American teenage drivers and attributes a significant amount of crashes to a lack of sleep. It also mentions teenagers who have actually fallen asleep at the wheel and notes that one in six crashes involve a drowsy driver. It was published on *NBC News* by Maggie Fox, a senior writer who often covers research studies about a variety of important topics. She looks into the poor sleeping patterns of teenagers and makes her research relevant to a large group of people including teen drivers and parents to warn them of the dangers they may not consider, and encouraging them to never drive when fatigued. It could also be intended for people involved in public safety to do something about the amount of drowsy driving occurring in young drivers, such as encouraging schools to adjust start times, allowing students to get more sleep. This study is very important in supporting arguments for policy changes, educational programs, and

encouraging healthy sleeping habits.

Hildebrand, John. "Districts Answer the Bell: Schools Respond to Studies Linking Student Performance to Sleep by Considering Starts Later in the Morning." *Newsday*, (Melville, NY), Dec. 2006. *EBSCOhost*,

research.ebsco.com/linkprocessor/plink?id=a58f14be-f3a5-35f1-b281-6476e7bd5e6b.

This article, published in *Newsday* in December 2006, points out the issue among American high schools and the lack of sleep students are receiving. It focuses on the case study of Oceanside High School, which is contemplating shifting school to start just 40 minutes later, and investigates the importance of this for students to get adequate sleep and perform at their highest capacity at school. This source is very relevant to educational policies and debates regarding the well being of students and school start times. The author, John Hildebrand, has a sufficient background on studying behavior and in this article, he specifically reports on a situation in Oceanside where the local school district is evaluating the impact of later start times based on behavioral research findings.

Hildebrand is a journalist with *Newsday* and his professional perspective is valued on issues such as this, and he uses interviews with educators and students to elaborate his discussion. This article informs health specialists, schools, students, and parents about the importance of getting high quality sleep and how it can affect your development and life. His purpose is to present the research advocating for later start times due to the sleep needs of adolescents and he does this in an engaging manner, aiming to reach more than just educators, but also connect with parents and students as well. This source provides a compelling study of Oceanside's decisions, offering insights into the potential benefits of adjusting school schedules and the importance of sleep. Hildebrand mentions that even

just by pushing school start times 40 minutes later, the difference would be tremendous.

He mentions that a variety of schools open before 8am and how delayed start times would contribute to the health and success of students.

McCarthy, Claire. "The Mental Health Crisis among Children and Teens: How Parents Can Help." *Harvard Medical School*, 8 Mar. 2022,

www.health.harvard.edu/blog/the-mental-health-crisis-among-children-and-teens-how-parents-can-help-202203082700. Accessed 14 Feb. 2024.

Claire McCarthy, a children's pediatrician at Boston Children's Hospital and an assistant professor of pediatrics at Harvard Medical School, published this article about the increase of mental health issues among today's kids and teenagers on the *Harvard Medical School* website. The article discusses the growing issue of mental illnesses in teenagers, and points out that the American Academy of Pediatrics, along with other reputable organizations, have declared this mental health increase an emergency.

McCarthy emphasizes the critical condition of increased anxiety and depression and highlights the importance of sleep and structured routines. She mentions that mental health directly affects a student's ability to learn, socialize, and ultimately can lead to suicide. But she also mentions where this mental illness may sprout from: "Make sure your child is getting enough sleep". This information is relevant to push away from early school start times, as they result in less sleep, which ultimately leads to much larger issues like this. The intended audience of this article is any parents who may be worried about their kid's mental health, or just looking for ways to prevent any future mental issues.

McCarthy writes with a very urgent yet calming tone, urging parents to take care of their kid's mental health and getting the point across that mental health is extremely important,

but also explaining how to help and to create safe spaces to talk and take time for yourself.

McNamara, Patrick. "Sleep and Academic Performance." *Psychology Today*, 29 Aug. 2020, <https://www.psychologytoday.com/us/blog/dream-catcher/202008/sleep-and-academic-performance>. Accessed 13 Feb. 2024.

Dr. Patrick McNamara's article, published in *Psychology Today*, examines the link between sleep and academic performance and success. Dr. McNamara is highly specialized in the psychology field, as he studied psychology in college and received his doctorate in behavioral neuroscience. Highlighting the essential daily functions that are compromised by sleep deprivation, he proves how a lack of sleep results in the inability to focus, concentrate, or study during the day. McNamara points to alarming data showing a significant number of students are not getting the recommended amounts of sleep, leading to poor effects on their grades. The article presents evidence that consistent and high quality sleep before exams is directly linked to higher academic outcomes, with better sleep patterns being linked to higher GPAs and academic advantages. The article emphasizes that poor sleeping habits result in lower GPAs and academic disadvantages by stating that "sleep consistency and self-report sleep quality are most strongly associated with academic performance," proving the need for high quality and enough sleep for students to perform well in school. The audience for this article may be students facing challenges with sleep or academic performance, and serves as an important resource, offering insights into the importance of maintaining good sleep habits for academic success.

Morgan, Leigh Ann. "Pros and Cons of Later School Start Times." *Dearborn Schools*,
iblog.dearbornschools.org/melvinj/wp-content/uploads/sites/657/2020/03/Later-School-Ti
mes.pdf#:~:text=Early%20school%20start%20times%20may%20contribute%20to%20di
abetes,if%20they%20got%20an%20adequate%20amount%20of%20sleep. Accessed 13
Feb. 2024.

This article by Leigh Ann Morgan, an expert with a background in Elementary Education, covers the issues associated with early school start times, while also providing a counter argument for why earlier start times may be better. Her ability to provide a balanced view, discussing benefits and drawbacks of later start times proves her credibility and her open-mindedness, making this article a trustworthy source. The article highlights the positive effects of later start times, such as reducing the risk of car accidents among teens, boosting students' academic performance, improving moods, and enhancing physical health. However, she also notes some of the issues with later start times such as conflicts with parents' schedules, transportation issues, and the effect on after school activities. The article emphasizes that one of the main reasons behind car accidents is drowsiness, which could be reduced by allowing students more sleep through later start times. The article also points out that starting school early can lead to sleep deprivation, increasing the risk of conditions like diabetes, obesity, and high blood pressure, which can affect a student's entire life. The goal of Morgan's article is to encourage school districts and parents to consider pushing for later school start times and bring awareness to the importance of addressing sleep deprivation in students. She uses an informative and persuasive style to emphasize the significance of the issue and advocate for changes that could improve the quality of life for students.

Rehman, Anis. "Drowsy Driving." *Sleep Foundation*, 3 Nov. 2023,

www.sleepfoundation.org/drowsy-driving. Accessed 13 Feb. 2024.

This article written by Eric Suni and Doctor Anis Rehman, published on *Sleep Foundation* covers the dangers of drowsy driving and points out that it is a leading cause of car crashes. They shed light on how common and dangerous drowsy driving is, and use a compelling comparison to emphasize the severity of the issue, by stating “Research shows that sleep deprivation leads to mental impairment that is similar to drunkenness with 24 hours of sleep deprivation roughly equating to a blood alcohol content (BAC) of 0.10%”. This is not only a very important piece of information to their intended audience of drivers across the nation, but the delivery of this is strategic. The comparison of a very notorious leading cause of death, drunk driving, to their topic effectively brings awareness to how dangerous drowsy driving is. The source continues to explore why people may drive drowsy, such as teenagers who are not getting enough sleep, and offer practical advice on preventing it, such as the importance of getting sufficient and quality sleep every night. By discussing the risks and providing solutions, the article aims to inform and influence drivers everywhere, and is very influential as it discusses a serious and deadly issue and shows how it can affect any group of people who may drive or get in the car with another driver.

Richter, Ruthann. "Among Teens, Sleep Deprivation an Epidemic." *Stanford Medicine*, 8 Oct.

2015,

med.stanford.edu/news/all-news/2015/10/among-teens-sleep-deprivation-an-epidemic.html. Accessed 9 Feb. 2024.

Ruthann Richter, the director of media relations at *Stanford Medicine*, in *Stanford Medicine's* article about the impacts of sleep deprivation on teenagers, highlights the mental and emotional toll exerted by early school start times. Richter opens with the story of a teenage girl, overwhelmed and crying, as she struggles to stay awake to complete her homework. This sets the stage for a broader examination of how insufficient sleep compromises the mental health of young learners. The article uses real life stories to resonate deeply with readers, making the issue of sleep deprivation more than just a statistic. The first two paragraphs directly prove the issue of early school start times playing a negative effect in people's lives, depriving them of sleep, which ultimately deprives them of their most necessary functions for school the next day. The article also uses real data and statistics to relay that a large majority of teenagers get less than the recommended amount of sleep and links high schools as a direct cause of this. The article compares this lack of sleep among teens to an epidemic which emphasizes the deeper issues at stake. The article continues to connect homework and stress from school to be the direct cause for sleep deprivation, urging the audience to want to do something about it. A link between later start times and positive health benefits are discussed in the article, proving the need for later start times to benefit students.

Ritblatt, Shulamit N., et al. "Investing in the Early Childhood Mental Health Workforce Development: Enhancing Professionals' Competencies to Support Emotion and Behavior Regulation in Young Children." *Brain Sciences* (2076-3425), vol. 7, no. 9, Sept. 2017, p. 120. *EBSCOhost*, <https://doi.org/10.3390/brainsci7090120>.

This article, published in *Brain Sciences* in September 2017, and retrieved from *EBSCOhost*, addresses the significant amount of time that young children spend in

childcare and the growing necessity for child workers to be skilled at responding to mental health issues. The author, Shulamit N. Riblatt, presents a complex perspective of the challenges faced by young children in regulating their emotions and behavior and the importance of developing mental and emotional skills. Riblatt was a professor for the department of child and family development at San Diego State University and has much experience in child development and psychology, which makes her research and recommendations highly relevant and trustworthy. The paper highlights the importance of the mental health of children, while they are still at a brain developing age, and discusses the growing needs of young children who are exposed to various stressors and challenges. Although not directly mentioned, this could be useful when writing about why school start times need to be delayed, as it provides evidence for the importance of mental health among adolescents and the various factors that contribute to or come from poor mental health. It also focuses on the need for child care workers to be specialized in assisting kids in mental health situations, which could further be used to address the need for teachers at high schools to understand mental health issues and be more flexible with work keeping students awake at night. The discussion is intended for any educators or researchers in the field of childhood development and mental health, offering valuable points and approaches to support the emotional and behavioral development of adolescents.

Russo, Francine. "Is Your Teen a Night Owl? That Could Explain His Poor Grades." *Time.Com*, Nov. 2013, p. 1. *EBSCOhost*,
research.ebsco.com/linkprocessor/plink?id=1d11413a-fd50-3482-8c63-ffb66be3ee0e.
 In this *Time* magazine article from November 2013, Francine Russo examines and

discusses the impact of adolescent's poor sleeping patterns on their academic performance and mental health. Using a study conducted by the University of California Berkeley, Russo discusses the effects of staying up late and sleep deprivation among teenagers and reveals that those who stayed up past 11:30 pm retained lower GPAs and experienced greater emotional distress in school. The research highlights a significant lack of sleep in teenagers contributing to skewed school schedules and academic and emotional consequences. Francine Russo is a journalist and author who greatly contributes to *Time* and often covers issues with adolescents and behavior issues. In this article, she emphasizes the various factors that influence student's sleep patterns including their biological clocks, technology use, and social pressure. This article serves to reevaluate the amount of sleep kids are getting and possibly even consider the delay of school start times. Russo suggests that changes are necessary to address the sleep deprivation issue. This article could be intended for any students or parents looking to address the link between sleep deprivation and poor academic performance and how to improve sleeping habits.

"Sleep Disorders and Heart Health." *100 Years*,

www.heart.org/en/health-topics/sleep-disorders/sleep-and-heart-health#:~:text=A%20growing%20body%20of%20research%20highlights%20how%20sleep,raise%20the%20risk%20of%20cardiovascular%20disease.%20More%20items. Accessed 13 Feb. 2024.

This article from the *American Heart Association*, known for their contributions to public knowledge on cardiovascular health, discusses the complexities of sleep disorders and their long term impacts. The article informs people of the often overlooked impacts of insufficient sleep, drawing attention the alarming link between sleep deprivation and an

array of cardiovascular complications, by pointing out that a lack of sleep puts you at risk for multiple different kinds of cardiovascular issues and diseases, and can lead to inflammation, obesity, diabetes, high blood pressure, and poor mental health, all circling back to greatly decreasing the health and stability of one's heart. With a focus on educating its audience, the source dives into various sleep disorders, providing information into their consequences and presenting information that many may be unaware of. It proves the critical need for adequate sleep to contribute to a healthy cardiovascular system, presenting evidence of the detrimental effects of insufficient sleep. This article aims to bring awareness to the importance of sleep, encouraging readers to prioritize sleep to protect themselves against the potential threats posed by sleep disorders. The emphasis on getting enough sleep could be relevant to why schools need to start later, as it provides alarming information for students who may not get enough sleep on school nights.

"Sleep in Middle and High School Students." *Centers for Disease Control and Prevention*, www.cdc.gov/healthyschools/features/students-sleep.htm. Accessed 9 Feb. 2024.

The *Centers for Disease Control and Prevention*, a widely authoritative and trustworthy source for information on public health and guidelines, provides an overview of the significance of sleep for middle and high school students, emphasizing the importance of enough sleep in ensuring the health of children. This article mentions the recommended amount of sleep for different age groups, including that teenagers 13-18 need about eight to ten hours of sleep each night. Despite these recommendations, data shown from a 2015 survey indicates that a majority of middle and high school students do not meet these requirements with over half of high school students getting less sleep than recommended

on school nights. The CDC explains the link between insufficient sleep and health and behavioral issues, including obesity, diabetes, poor mental health, and attention issues. This webpage serves as an awakening call for parents and students, providing advice on supporting healthy sleep habits, and can be used to argue why later school start times are necessary moving forward among American high schools.

"Start Time for U.S. Public High Schools." *National Center for Education Statistics*, nces.ed.gov/pubs2020/2020006/index.asp. Accessed 15 Feb. 2024.

This source from the *National Center for Education Statistics* provides a United States map showing the average public high school start times in each state and the percentage distribution of start times. This map provides evidence for average school start times, with the earliest start time in Massachusetts at 7:38am, which is extremely early in the morning. This map can be used to stress the current early start times and the need for later school start times, and is good data to keep in mind when writing a research paper about delaying school start times.

"Suicide in Children and Teens." *American Academy of Child and Adolescent Psychiatry*, June 2021, www.aacap.org/AACAP/Families_and_Youth/Facts_for_Families/FFF-Guide/Teen-Suicide-010.aspx. Accessed 14 Feb. 2024.

This source from the *American Academy of Child and Adolescent Psychiatry* addresses the alarming and saddening issue of suicide among children and teens, noting it as the second leading cause of death for 15-24 year olds. The *American Academy of Child and Adolescent Psychiatry's* mission is to promote healthy development of children and families through informing and advocating for the needs of children. The document

highlights that the majority of young individuals who attempt suicide suffer from significant mental health disorders and outlines various risk factors associated with suicidal thoughts and attempts. It notes specific warning signs to look out for such as changes in sleep habits. Although not directly stated that “early school start times cause suicide”, the lack of sleep among teenagers is a primary cause of mental health issues, which ultimately potentially could lead to worse. The connection between sleep, mental health, and academic pressure shows the necessity for schools to consider later start times to alleviate these pressures and take so much stress off of students. By improving sleep quality, schools can contribute to alleviating some of the risk factors associated with suicidal thoughts. This source is very informative and straightforward, which helps to prove the issue among teenagers and advocate for change in some areas.