



Sun

NEWS SPORT ENTERTAINMENT BUSINESS LIFESTYLE VIDEO CLASSIFIEDS Q

BREAKING NEWS LOCAL VICTORIA NATIONAL WORLD LAW & ORDER WEIRD TECHNOLOGY OPINION PHOTOS

NEWS

SAVE 50% on your subscription For the first 12 weeks. *Conditions apply. Herald Sun+ Subscribe now

SAVE 50% on your subscription For the first 12 weeks. *Conditions apply. Herald Sun+ Subscribe now

Sleepy teens want later start

CHERYL CRITCHLEY HERALD SUN MAY 04, 2007 12:00AM

SHARE f t g+ ✉ SAVE THIS STORY

SECONDARY school should start at 10am to tackle chronic sleep deprivation in teens, experts say.

Oxford University sleep expert Russell Foster says teenagers are biologically wired to stay up late and wake late, making a 9am start too early.

Local psychologists Michael Carr-Gregg and Andrew Fuller agree.

Tell us below: Should schools start later?

Mr Fuller's local study found 40 per cent of teenagers were chronically sleep deprived.

Much of this is blamed on slack parents, electronic devices, a 24/7 culture and early school starts.

"We live in a society that doesn't value sleep," Mr Fuller said.

Prof Foster says the way teenagers are wired contributes. While the mechanisms aren't fully understood, teenagers' biological clocks seems to make them want to stay up and wake late.

"I think many of us would guess that the changing patterns of steroid hormones during the teenage years are the strongest candidates for the cause of this altered timing," he said.

"It does seem to be something hard-wired at this time of development."

Prof Foster said people often dismissed teenagers as lazy, but it might not be all their fault.

"The real problem is that not only is the body clock delayed so that alertness comes later in the morning, but the amount of sleep many teenagers get is considerably reduced," he said,

"They go to bed late but still have to get up early for school. So there are two problems --

Most Viewed

- Cup betting guide: Who you should back
- Two injured at violent Halloween party
- Aussie child sex predator jailed in US
- Text message war turns into a bunfight
- Bachelorette's mum loses cancer battle
- Melbourne Cup: All you need to know
- Elsa looks to Thor for Melbourne Cup winner
- How a pro punter would attack the Cup

News

Farewell for tragic Sydney family



RELATIVES of the Lutz-Manrique family who died together in their Sydney home have spoken of the legacy of love left behind as hundreds gathered to farewell the family of four.

a delayed body clock and shortened sleep."

Two Victorian schools have put their starting times back and are happy with the results.

Berengarra School in Glen Waverley and the Victorian P-12 College of Koorie Education in Mildura both start late.

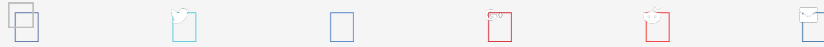
Berengarra operates from 9.45am-3pm with shortened breaks and the Mildura school from 10am-3.40pm. Both principals say sleep was a factor, and the change has helped alertness.

Prof Foster said there were social and practical problems in changing school start times.

"But if you can shift activities to a couple of hours later in the day most students will benefit," he said.

Dr Carr-Gregg said performance and enjoyment would improve if school better fit teenagers' body rhythm. "Eighty per cent of year 10 students are not getting enough sleep," he said. "The single most important study tool going around is a good night's sleep."

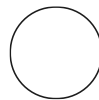
A State Education Department spokesman said: "We have not been presented yet with an overwhelming argument that we should change the current situation."



Ads By Google

1 Food Stops Memory Loss

Learn the 1 grocery store food that can stop memory loss 100% naturally Go to theunbreakablebrain.com



Comments on this story

Lin z of melb

POSTED AT 9:36 AM JUNE 05, 2009

I think that scool should start an hour later because i am constantly late to school because i hve slept in. if school started an hour later this would not happen

You may like



Finally, Dreamworld make contact



Clearance window set to open



Bachelorette's mum loses cancer battle



THE mother of Bachelorette Georgia Love has been remembered as "loving and loyal" after she died of pancreatic cancer.



Trick-or-treating mum, daughter hit by L-plater

A L-PLATER hit a mother and her eight-year-old daughter while they were trick-or-treating in western Sydney last night.



Soccer shock as board members quit

THREE female board members and the chief executive of Victorian soccer's governing body have resigned amid claims of internal turmoil and board tensions.



Woman hid in fear after alleged Uber assault

UPDATE: A MELBOURNE woman has told how she hid in bushes in fear after escaping the clutches of her Uber driver who had allegedly sexually assaulted her during a ride.



Subscriber Exclusives

Business



Qantas offers more leg room

Local



Punters warned of race betting scams

Travel



Thousands pack CBD for Melbourne Cup Parade

Herald Sun



Elsa Pataky to grace Melbourne Cup

Herald Sun



Norwood lands another big signature

Herald Sun



Dreamworld boss pockets \$850k

Local



Drive the best car insurance deal

Business



How they tried to fool you about the rain

Herald Sun

Blogs

PM retreats over Medicare reform



A SCARE campaign over the future of Medicare has forced the Coalition to backflip on plans to cut costs by outsourcing payment systems.



Hinch now urges a vote for Derryn

DERRYN Hinch told voters three years ago to write "stuff the lot of you" on ballot papers. Now he's urging them to make their vote count.



Election ad tailored to smokers

CIGARETTE poster boy The Marlboro Man has returned to Aussie billboards as part of a push by libertarian senator David Leyonhjelm to axe taxes on smokes.



This is not a time to be outraged



THE outrage over the comments about journalist Caroline Wilson is misplaced and it isn't the AFL's place to judge the issue, writes Jeff Kennett.



Real impact of tolerating violent jokes

HOW incredible that Eddie and co's comments were said "in the spirit of fun". Because accepting sexism – even in "banter" – normalises violence against women, writes Wendy Tuohy.





New Qantas logo upsets Aussies

Travel



Comparison sites' dirty secret

Business

The news in colour



ADVERTISEMENT

SPONSORED LINKS

[Breaking news video!](#)

Watch the latest Local and National breaking news

[Celebrity news and video!](#)

Up to the minute celebrity gossip, photos & celebrity videos

RECOMMENDED BY Outbrain

NEWS

- Tony Abbott: 'Change is imminent'
- Samsung will no longer make Note 7
- Man's five-day crime spree
- Terror strikes in Munich
- 'It's still a prison. I feel like an animal'

BREAKING NEWS

NATIONAL

WORLD

WEIRD

TECHNOLOGY

News

Response from Eddie, AFL not nearly enough
AFL NEWS

Pies board accepts McGuire apology

Voters deliver budget poll warning

Sport

Gobert lands \$102m in new Jazz deal: reports
BASKETBALL

...

Billionaire set to steal our Cup

AFL

Response from Eddie, AFL not nearly enough
AFL NEWS

New top Dog back at Kennel

Pies board accepts McGuire apology

Business

'Cataclysmic' shock coming for Australia
ECONOMY

How to find a better car insurance deal

No justice for 'single-digit millionaires'

Entertainment

Australia locked in for Eurovision 2017
MUSIC

...

The scariest celeb Halloween costume of 2016

Lifestyle

The crisis in our own backyard
REAL LIFE

'Might as well have had his eyes closed'

Oldest woman's food secret to longevity

DAILY DEALS



Super Low Loan Rates

Compare home loan rates from as low as 3.74% p.a now



SIM Only savings

Bring your on phone and save



Hottest Phone Deals

Great value on all plan types



No Annual Fee Cards

Compare and save on \$0 annual fee credit cards now



Top Travel Credit Card

Earn up to 30,000 Velocity Points with Virgin High Flyer card



\$0 Annual Card Fee

Plus receive a \$50 credit when you apply online. T&Cs apply

The news in colour



A NOTE ABOUT RELEVANT ADVERTISING: We collect information about the content (including ads) you use across this site and use it to make both advertising and content more relevant to you on our network and other sites. This is also known as Online Behavioural Advertising. You can [find out more about our policy and your choices, including how to opt-out here](#).

Herald Sun

NEWSLETTERS

IPAD APP

MOBILE

SEND STORIES

Follow Us



- Privacy Policy
- Relevant Ads Opt-out
- Cookie Policy
- About Us
- Digital Print Edition
- Contact Us
- Letter to the Editor
- For The Record
- Place an Ad
- Advertise with us
- Photo Sales
- Archives
- Tributes
- Shop
- Careers
- Journalism Traineeships
- Work Experience
- Help
- Accessibility
- Site Map

News

- Breaking News
- Local
- Victoria
- National
- World
- Opinion
- Photos
- Law & Order
- Technology
- News in Education
- Weird
- Weather
- The Australian
- news.com.au
- Herald Sun
- The Daily Telegraph
- The Courier-Mail
- The Advertiser
- Perth Now
- NT News
- The Mercury

Sport

- AFL
- NRL
- Rugby Union
- Horse Racing
- Cricket
- Football
- Motor Sport
- Golf
- Tennis
- Boxing/MMA
- Basketball
- Netball
- Other Sports
- Odds Scanner
- Fox Sports
- Fox Sports Pulse

Business

- Business Breaking News
- Markets
- Economy
- Work
- Small Business
- Companies
- Terry McCrann
- In The Black
- Your Hip Pocket
- Business Spectator
- Eureka Report

Entertainment

- Confidential
- Celebrity
- Photos
- Movies
- Television
- Arts
- Music
- Books
- Competitions
- Moshtix
- Foxtel

Lifestyle

- Melbourne
- Real Estate
- Travel
- Home Mag
- Money
- Health
- Food
- Sunday Style
- Fashion
- Parenting
- Relationships
- Horoscopes
- Sudoku
- Crossword
- Home
- Vogue
- Taste
- Kidspot
- Body + Soul
- Homelife
- Learning Seat
- GetPrice

- Code of Conduct
- Terms of Use

[Subscription Terms](#)

[Group/Corporate Subscriptions](#)

News Corp 2015 Copyright