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My name is Willow Dougherty and I am a sophomore student of Hall-Dale Highschool. I am testifying against the lack of school time granted to Maine students each morning. The average Maine student starts school at 7:45 AM and is expected to be alert, awake, and at our best ability to focus which is a huge struggle for many students around the state. Waking up as early as 4:00 to be ready for the school day does not allow much room for proper rest and without the such needed rest our students are not coming to school prepared to be at their best ability to learn each morning and properly retain the information during class lectures. Lack of sleep is often tied to anxiety which is one of the largest struggles our youth face today. Having students attend school whilst feeling tired and their anxiety already high is taking away from their ability to properly learn as their brains are to busy trying to keep them awake and focused. There have been many tests done documenting the need for proper sleep in teens development and overall well being. A well rested student is a successful student. Many students grades are suffering from the stress on their bodies of waking up and being forced to directly after be at our best academically then after leaving the building many high schoolers must attend jobs as well as after school activities and out of class school work. It all eventually piles up onto your Maine students. Elementary schools start at a later time and require less work and a less stressful environment, however the elementary students go to sleep earlier, and naturally wake up earlier. Their after school activities don't go as late into the night and they are expected of less work to be done at home. The students in the highschool feel although the expectation are jeopardizing their own health both mentally and physically. Your consideration of these matters and a solution is very much appreciated.