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LD 396

I would like to add my voice in support of LD 396, An Act to Provide for a Later Starting Time for High Schools. It is well established that high school students require more sleep and will typically fall asleep later at night (and therefore wake up later) than their elementary school counterparts. See here -

<https://www.health.pitt.edu/news/sleep-science-supports-later-school-start-times#:~:text=Teenagers%20need%20approximately%20eight%20to,and%20adults%2C%20experts%20have%20found.-for%20a%20University%20of%20Pittsburgh%20Health%20Sciences%20study%20published%20last%20year,which%20echoes%20many%20other%20studies%27%20conclusions.It%20is%20purely%20common%20sense%20to%20have%20the%20high%20schoolers%20start%20later%20than%20the%20elementary%20schoolers%20and%20I%20urge%20the%20Maine%20legislature%20to%20pass%20this%20bill.>