

Legislative Testimony
For LD 396, SP 182

Hi Senators, Representatives, and committee members, my name is Simon Madore and I'm from Orono, Maine. I am here in support of LD 396, SP 1822: An Act to Provide for a Later Start Time for High Schools.

My school starts at eight in the morning, which isn't too early, but it means waking up at six or six thirty in the morning to catch the bus after staying up until ten thirty or 11 tossing and turning in bed. That is just me and I get more sleep than most of my friends. This bill would greatly benefit not only me but most of, if not all teenagers in the state of Maine.

According to [The American Psychological Association](#), teens, on average, sleep between seven and seven and a half hours a day, which is two and a half hours less than they need to be able to operate and learn at full capacity. This is because as teens go through puberty one experiences hormonal changes that push one's circadian rhythm back by a few hours causing them to go to bed later in the night, but still have to wake up early in the morning for school. LD 396, SP 182 will help with this by causing a later start time for high school students, allowing them to sleep in later.

The [CDC](#) says seven out of ten adolescents don't get the needed sleep at night. When adolescents don't get the needed sleep at night they may experience mood swings and poor mental health. Students will also be more likely to have behavioral problems and poor attention. These effects will cause a decrease in academic performance. Getting the needed sleep at night boosts one's overall well-being and mental health.

A study done by [Finley Edwards](#) used a middle school in Iowa to see how a later start time would affect the students' learning ability. The study showed that if start time for middle school was pushed back by one hour, then they would see a two percentile growth in math scores on the NAEP (National Assessment of Educational Progress) test. Another test was done to estimate how the later start time would affect the entire nation's eighth grade. The test found that there could be an 8 point increase, or equivalent to almost a full grade-level increase in math scores.

All of these benefits I stated could be possible for Maine high school students if we just pushed back the start time for school by one hour.

Thank you for your time in reading my testimony.

Simon Madore
Orono, Maine
LD 396

Legislative Testimony
For LD 396, SP 182

Hi Senators, Representatives, and committee members, my name is Simon Madore and I'm from Orono, Maine. I am here in support of LD 396, SP 1822: An Act to Provide for a Later Start Time for High Schools.

My school starts at eight in the morning, which isn't too early, but it means waking up at six or six thirty in the morning to catch the bus after staying up until ten thirty or 11 tossing and turning in bed. That is just me and I get more sleep than most of my friends. This bill would greatly benefit not only me but most of, if not all teenagers in the state of Maine.

According to The American Psychological Association, teens, on average, sleep between seven and seven and a half hours a day, which is two and a half hours less than they need to be able to operate and learn at full capacity. This is because as teens go through puberty one experiences hormonal changes that push one's circadian rhythm back by a few hours causing them to go to bed later in the night, but still have to wake up early in the morning for school. LD 396, SP 182 will help with this by causing a later start time for high school students, allowing them to sleep in later.

The CDC says seven out of ten adolescents don't get the needed sleep at night. When adolescents don't get the needed sleep at night they may experience mood swings and poor mental health. Students will also be more likely to have behavioral problems and poor attention. These effects will cause a decrease in academic performance. Getting the needed sleep at night boosts one's overall well-being and mental health.

A study done by Finley Edwards used a middle school in Iowa to see how a later start time would affect the students' learning ability. The study showed that if start time for middle school was pushed back by one hour, then they would see a two percentile growth in math scores on the NAEP (National Assessment of Educational Progress) test. Another test was done to estimate how the later start time would affect the entire nation's eighth grade. The test found that there could be an 8 point increase, or equivalent to almost a full grade-level increase in math scores.

All of these benefits I stated could be possible for Maine high school students if we just pushed back the start time for school by one hour.

Thank you for your time in reading my testimony.