

Eloise Fisher – Farmingdale

In Support of LD 396

An Act to Provide for a Later Starting Time for High Schools

February 27, 2025

Senator Rafferty, Representative Murphy, and members of the Education and Cultural Affairs Committee, my name is Eloise Fisher, and I am in 6th grade at Hall-Dale Middle School. I reside in Farmingdale. I am here today in support of LD 396, *An Act to Provide for a Later Starting Time for High Schools*. Thank you to Senate President Daughtry for submitting this legislation and for speaking on our behalf.

I please ask you to vote for this bill because students are not getting enough sleep and even though I am a middle schooler I am here to speak on behalf of those who don't have a safe way to get here or don't feel comfortable participating in a legislative hearing on Zoom.

I am tired. I have always struggled with falling asleep and bedtime is often a fight in my house. My sleep cycle has me wanting to stay up later and sleep in late, often till noon! I struggle every morning to get up and out the door and am often marked tardy. I am barely awake for my first period class. My parents enforce an early bedtime and make us have good sleep habits. I have no screens before or in bed. And it's still a struggle. I worry about my friends who maybe don't have good sleep habits and what that will look like for them in high school. I also play sports in the fall, winter, and spring, so I tend to require more sleep than others who are less active.

Maine legislators should be focusing on their students being able to get the best grades that they can. Please give us the tools we need to be successful. Thank you for your time. I am happy to try to answer any questions you have.

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