



ANN ARBOR PUBLIC SCHOOLS
LEAD. CARE. INSPIRE.



LATER START

OPTION*

FOR HIGH SCHOOLERS



2019-
20 SCHOOL
YEAR

SELECT "LATE START TIME OPTION" ON YOUR GRADE LEVEL REQUEST SHEET

* See your counselor for complete details about creating a course schedule with a later start time as well as transportation options.

WHY SHOULD I CONSIDER A LATER START TIME?



GENERAL INFORMATION ON HEALTHY SLEEP PATTERS FOR TEENS

Did you know...

- ★ Sleep is vital to your well-being, as important as the air you breathe, the water you drink and the food you eat. It can even help you **eat better and manage the stress** of being a teen.
- ★ Biological sleep patterns shift toward later times for both sleeping and waking during adolescence – meaning it is natural to not be able to fall asleep before 11:00 pm.
- ★ Teens need about 8 to 10 hours of sleep each night to function best. Most teens do not get enough sleep – one study found that only 15% reported sleep 8 1/2 hours on school nights.

➤ Check out these websites for more information:

[Healthy Sleep Patterns for Teens](#)

[AAPS Comprehensive Daily High School Schedule information](#)

