



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?



IMPACT OF SLEEP ON EMOTIONAL AND MENTAL HEALTH

Did you know...

- ★ Research has found a clear link between sleep deprivation and teenage depression and anxiety.
- ★ Another study found that high school seniors were three times more likely to have strong depression symptoms if they had excessive daytime sleepiness.
- ★ Even teens who manage to get the recommended nine hours of sleep each night may not be receiving the full benefit. That's because teens tend to go to bed late and sleep late – and, unfortunately for them, the quality of our sleep is better earlier in the night.

➔ Check out these websites for more information:

[Impact of Sleep on Emotional and Mental Health](#)
[AAPS Comprehensive Daily High School Schedule information](#)

