



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 PHYSICAL HEALTH

Did you know...

- ★ While you are sleeping, the brain goes to work cleansing itself of waste, in the form of proteins, that build up between cells throughout the day.
- ★ Maintaining a healthy diet isn't easy if you're not getting enough sleep. During sleep deprivation, the body releases higher amounts of the hunger hormone "ghrelin" while releasing less of the satiety hormone "leptin".
- ★ If you get less than seven hours of sleep, you're 2.94 times more likely to develop a cold. Once you get sick, an immune system depressed by sleep deprivation takes longer to fight off infection.

➤ Check out these websites for more information:

[Impact of Sleep on Physical Health](#)

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

