

**To the editor:**

**Sent to the Los Angeles Times (Sept 22, 2019)**

**The Times (“Do later school starts help?” Sept 22) notes that teenagers generally fall asleep later than adults do. The Times presented various plans for later school starting times, but found problems with each, and called for more research.**

**A simple solution: Start the school “day” at 11 pm, when teen-agers are wide awake, and continue instruction through the night and the next day.**

**In addition to starting at a time when students are alert, this plan has additional benefits. Neal and Hicks, in their 1991 study, “The 21-hour school day,” note that a longer school day means more time for testing, solving the problem of declining test scores. More tests mean increases in cumulative test scores (scores of all tests added together).**

**Another benefit: students will start dozing off as dawn approaches. The resulting sleep deprivation, as Neal and Hicks report, will “lessen the students’ rebellious impulses,” common in this age-group, reducing discipline problems and resulting in quieter classrooms.**

**Problem solved.**

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