

 KENTUCKY YMCA YOUTH ASSOCIATION KENTUCKY YOUTH ASSEMBLY Bluegrass Bill	Blue BG 44						
	Referred to Committee: Senate 2						
Authors: Danielle Underwood, Ashley Conn	Action on the Bill						
School: West Carter HS							
City: Olive Hill							
	<table style="width: 100%; border: none;"> <tr> <td style="width: 50%; text-align: center;">House</td> <td style="width: 50%; text-align: center;">Senate</td> </tr> <tr> <td style="text-align: center;">____ <input type="checkbox"/> Passed</td> <td style="text-align: center;">____ <input type="checkbox"/> Passed</td> </tr> <tr> <td style="text-align: center;">____ <input type="checkbox"/> Defeated</td> <td style="text-align: center;">____ <input type="checkbox"/> Defeated</td> </tr> </table>	House	Senate	____ <input type="checkbox"/> Passed	____ <input type="checkbox"/> Passed	____ <input type="checkbox"/> Defeated	____ <input type="checkbox"/> Defeated
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An act to require that schools not start earlier than 8:30 a.m.

Be it enacted by the Youth Assembly of the Commonwealth of Kentucky

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Section 1: Due to the suppression of the hormone melatonin, students between ages 15-19 are not getting the adequate amount of sleep to perform academically. Melatonin is a natural hormone made by the brain that is barely detectable throughout the day. When the sun goes down around 9 p.m., the brain begins to actively produce melatonin, which is released into the blood. As a result, melatonin levels in the blood rise sharply, causing individuals to begin to feel tired. Melatonin levels stay elevated for about 12 hours, while we sleep. They start to decrease around 9 am. When the brain suppresses this hormone, we don't feel tired and when teenagers eventually go to sleep they don't want to wake back up.

Section 2: Eighty-seven percent of high school students in the United States get far less than the recommended eight to ten hours of sleep, and the amount of time they spend asleep is decreasing, leading to more and more cases of sleep deprivation. Sleep deprivation increases the likelihood that teens will suffer negative consequences, including an inability to concentrate, poor grades, drowsy-driving incidents, anxiety, depression, thoughts of suicide and even suicide attempts.

Section 3: On average, schools in Kentucky have a starting time of 8:00a.m or earlier. Some students will be able to wake up 30 minutes later. This bill isn't giving extra time to sleep. School will still be held the same amount of hours; however, it will be later in the day. As a result, students will be sleeping at a time more geared towards fulfilling students' biological needs.

Section 4: Researchers say 30 minutes of later sleep can make a big difference because teens tend to be in their deepest sleep around dawn when they typically have to get up for school. That half an hour of sleep can lead to students being more alert and more academically focused.

Section 5: This bill, if enacted, would require that all schools have the same average school instructional minutes and hours as they do currently. These hours will continue to be documented as prior to the enactment of this bill.