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Teens Need More Sleep, Says Kansas Health Officer

The top health officer in Kansas says high schoolers need to get more sleep, even if that means starting classes later.

Dr. Jason Eberhart-Phillips, director of health for the Kansas Department of Health and Environment, told The Lawrence Journal World that adults need to do more to prevent what he calls "teenage sleep deprivation."

Eberhart-Phillips says surveys show that only 15 percent of teens get 8.5 hours of sleep on school nights. They should be getting nine or 10 hours of sleep. Many get by with six hours or less.

He says part of the solution would be to push back high school class start times. Schools in other states have had success with later start times improving students' attendance, motivation and performance.

Eberhart-Phillips says an 8:30 a.m. start time would be worth considering.

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