

Submitter: Danielle Pappas

On Behalf Of:

Committee: House Committee On Education

Measure, Appointment or Topic: HB2359

I am writing to support HB2359, requiring high schools in Oregon to start standard instruction no earlier than 8:30 am. There is research that indicates teenagers have a hard time shutting down at night at a reasonable hour, making early mornings particularly difficult.

I have experienced this in my own home. I'm in the process of raising the last of my 4 kids. I have twins who are 16 years old. I can attest that getting them to bed at a reasonable hour to support early morning activities is a challenge. We have employed all the usual and even unusual tactics to encourage my boys to get more hours of sleep, but it's an ongoing battle. As a result, we have experienced the teenager with significant sleep deprivation. My oldest son was existing on roughly 5 hours of sleep to accommodate his extracurricular activities and advanced coursework. He took a zero period class that started at 6:40 a.m. and then he took all advanced courses requiring hours of homework after hours of extra curricular after school activities. Even with the highest level of discipline, he was often unable to get more than 5 or 6 hours of sleep at night. As research will support, that led to emotional dysregulation, constant fatigue, physical ailments, and other side effects. My son is just one example. This is happening to many high school students around the state.

We want our students to have extra curricular activities and a full course load. We want them to learn to manage and juggle multiple responsibilities in preparation for adulthood, but we also want them to learn to care for their own health and well being. Our current early start to the school day is not helping them. As a school psychologist, I support this legislation for all future and current high school students.

Thank you.

Danielle Pappas