

## Later school starts transcript

00:00

A study from the US National Library of Medicine and National Institutes of Health says,

00:06

insufficient sleep in adolescence has been shown to be associated with a wide variety of adverse outcomes from poor mental and physical health to behavioural problems and lower academic grades.

00:18

However most secondary school pupils do not get sufficient sleep.

00:23

I think that delaying the school start time for adolescence should be addressed to change the insufficient sleep and potentially improve a student's academic performance, reduce engagement in risk behaviours and improve general health.