

Published based on [Study sheds light on 'teenage night owl syndrome' - Los Angeles Times](#)

# **Study sheds light on 'teenage night owl syndrome' - Los Angeles Times**

New research has been done that shows why kids need to get to bed earlier. It's not just about getting enough sleep, it's about making sure you get enough light. Early morning sunlight is crucial to stay on track with nature's cycles of day and night. When you don't get that morning sunlight you tend to fall asleep later, making it difficult to get up the next morning. Tired kids don't do as well on tests as their more awake counterparts. Click on the link below to read the whole article.

Riding in school buses in the early morning, then sitting in poorly lighted classrooms are the main reasons students have trouble getting to sleep at night, according to new research.

Teenagers, like everyone else, need bright lights in the morning, particularly in the blue wavelengths, to synchronize their inner, circadian rhythms with nature's cycles of day and night.

[Study sheds light on 'teenage night owl syndrome' - Los Angeles Times](#)

You can also find this article published on [Study sheds light on 'teenage night owl syndrome' - Los Angeles Times](#)