

P-05-694 School Times an Hour Later. Correspondence – Petitioner to the Committee. 30.08.2016

Thank you for your email, in response to your letter the Teensleep project (<https://www.ndcn.ox.ac.uk/research/sleep-circadian-neuroscience-institute/research-projects-4/teensleep>) is based on a large number of previous studies which suggests that teenagers struggle to function if they have to get up too early.

Whilst the Welsh government may not hold the ultimate decision on school opening times, guidance to local governments could support these changes.

Thank you again, Cai Ellerton.