

## **March 5th, 2025 - Alexander Allin: Support (FAV) for SB 468**

Good afternoon, Mister Chair, Madam Vice-Chair, and Committee Members. My name is Alexander Allin, and I'm a high school senior from District 16 in Montgomery County.

Like many students, I hate waking up early for school. While my surrounding school districts start high school between 8:10 and 9:30 a.m., my school starts at 7:45 a.m., buses arrive at 6:30 a.m., and students must wake up before 6 a.m. just to be on time.

This leaves drowsy students on buses before dawn, struggling to focus in their first-period classes. If you are unfortunate enough to have your first-period class be AP Calculus, like I did last year, you would immediately realize how essential just 30 more minutes of sleep can be.

When I surveyed 147 students across my county, over 50% admitted they skipped their first-period classes to catch up on sleep, while 45% reported being late at least once a week because of morning drowsiness. I know this struggle firsthand. I'm late to first period so often that my first-period teacher congratulated me for being on time last week. Therefore, I can attest that students, including myself, are skipping classes and missing valuable instructional time just to get the sleep they need.

We all know the effects of sleep deprivation: irritability, increased stress, and difficulty concentrating. In a school environment, this translates to more fights, lower grades, and students losing valuable internships. As a student apprentice myself, there have been days when I come home from school and passed out from exhaustion, missing important meetings and appointments.

The solution may seem obvious: These teenagers are irresponsible, are on their phones, and should sleep earlier. However, middle and high school students have a delayed circadian rhythm during puberty, causing them to feel tired two hours later than most people. The growth

**March 5th, 2025 - Alexander Allin: Support (FAV) for SB 468**

of technology and social media also plays a huge role with students competing with billion-dollar companies that want their attention for ad revenues and profits.

We can't put all the responsibility on students to fight against their natural sleep schedules and break free from intentionally addictive algorithms made to keep them awake at night. Because simply saying "just go to sleep earlier" is no longer an option, I urge you to pass a favorable report for SB 468.

Thank you for your time and consideration!

Alexander Allin, [alex@duck.science](mailto:alex@duck.science)

Bethesda-Chevy Chase High School

District 16 (Montgomery County)