**School Papers: The Teaching Times**

You're very tired- No. Excruciatingly tired, but that battering crescendo of that annoying alarm clock has once again, and like every other day, pulled you to another tedious day at school. You feel like you always want to go sleep. The tiredness keeps dragging you down like the nuisance it is. You groan and ponder why the school time can't be pushed back a notch. Well, that's the question we're here to ponder. Should we push the school opening times back? Well, the answer is a resounding yes and let us take you on a journey into the reasons.

Sleep is one of the factors that heavily influence our lives. Sleep does many things, and a brief list of some of its functions is:

1. Lets cells repair.
2. Gives neurons times to rest and regenerate, letting you feel fresh in the morning.
3. Boosts your immune system by not causing unnecessary resource-draining actions.

Those are the main functions of sleep, and as you can imagine, they are all vital for your survival. Sleep deprived students and adults all find it harder to work or study when their body needs this rest. It is unhealthy to live this way, let alone as children who are more susceptible to diseases and malnutrition. If the cycle was pushed back, it would give children time to regenerate and feel well rested in the morning, and guess what effect that would have- Being better at learning!

Being well rested by pushing back school times would benefit the child more for a plethora of reasons, and as children begin to grow up the importance of this happening cannot be overstated.

The small annoyance in the morning can become quite significant, and it is up to those who can to stop this.