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The advertisement features the Shelter Insurance logo on the left, which is a blue shield with a white border and a red wave at the bottom. To the right of the logo are three headshots of agents: Sarah Duffer, Dan McCloud, and Nancy Hickey. Below each photo is their name. To the right of the portraits is a blue text box with white text that reads: "Let us help you get the right coverage at the best rate possible & help you shrink your auto premium!". At the bottom right of the advertisement, there is a black button with white text that says "Click here to visit our Bowling Green agent's websites.".

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## WKU faculty ponder later classes due to student sleep patterns

AARON MUDD [amudd@bgdailynews.com](mailto:amudd@bgdailynews.com) 4 min ago

Citing sleep-deprived college students, a proposal under review by Western Kentucky University faculty recommends later class start times to help boost student success.

The proposal submitted Thursday to WKU's University Senate suggests offering fewer early morning classes and adopting start times "with no class beginning prior to 9 a.m. or 10 a.m. or even 11 a.m."

"If students can achieve longer sleep and better sleep quality, it is hypothesized that significant improvements can be made in student success – whether measured by GPA, student retention rates or other measures," Ron Rhoades, an assistant finance professor in the Gordon Ford College of Business, wrote in the proposal.

Rhoades points to a growing body of research that indicates many students in their late teens and early 20s naturally sleep later than older adults.

“Because these changes in circadian timing conflict with early starts for many university classes, sleep deprivation in college students is increased,” Rhoades wrote, noting several health risks associated with sleep loss.

“Sleep loss or mistimed sleep are associated with increased risk of metabolic disorders, obesity and diabetes, as well as with depression, anxiety and drug use, poorer attention, performance and memory consolidation.”

The proposal cites a 2011 study conducted at the U.S. Air Force Academy that found a “significant positive effect on student achievement” by changing to a 50-minute later start time.

Given all that, the proposal recommends creating a committee to study the issue and draft a report that would contain feedback from stakeholders, a cost-benefit analysis and final recommendations.





The proposal has been sent to the University Senate’s Academic Quality Committee and Faculty Welfare Committee for consideration.

Also on Thursday, the University Senate heard from a group of students petitioning to cancel classes on Election Day. The campaign, called Reg 2 Vote, aims to boost young voter turnout, which has been historically low in midterm elections.

So far, a petition to cancel classes on Nov. 6 has attracted more than 700 student signatures, according to the campaign. It’s goal is to reach 2,000 signatures by midnight Tuesday.

– Follow education reporter Aaron Mudd on Twitter @BGDN\_edbeat or visit bgdailynews.com.

**A PROPOSAL TO THE U.S. STRATEGIC PLANNING CENTER**  
**ASKING FOR SUPPORT FOR THE PROPOSITION OF A COMMITTEE TO**  
**STUDY WHETHER LATER CLASS START TIMES AT WKU MIGHT**  
**IMPROVE STUDENT SUCCESS AND WELLBEING AT WKU, AND**  
**IF SO, HOW TO BEST EFFECT SUCH CHANGE.**

Aggregating body of available research indicates that, on average, college students sleep more on class days than they do on weekends. This is true for students in their last year and early 20's. Because sleep deprivation is associated with lower academic achievement, sleep deprivation in college students is associated with depression, damage physical and emotional well-being, and impacts cognitive and performance. Sleep loss or extended sleep are associated with increased risk of substance abuse, obesity, and diabetes, as well as with depression, anxiety, and sleep apnea, stress, performance, and memory consolidation.

Students can achieve longer sleep and better sleep quality. It is hypothesized that significant improvements can be made in student success – whether measured by GPA, student retention rates, or other measures.

Possible solutions to the problem of persistent college student sleep deprivation (estimated to affect 60% of all college students) may be either:

- (1) adjusting class times to better fit all classes (with no corresponding gain to flow or other benefits); OR
- (2) offering break classes with early (8am, 9am, 10am) class times and later classes with later (12pm or later) class times.

A related solution might include enhancing the education of WKU students early on in their college life regarding sleep deprivation, sleep quantity, and sleep quality, and the consequences of sleep deprivation, additional education for faculty, academic advisors, and staff may also be warranted.

There appear to be approximately 1,750 students enrolled in WKU (undergraduate) in the Fall 2017 semester. That figure is not all WKU students and represents only those at this campus. We might be as accurate to figure, as is increasing student retention and success. Of course, sleep loss may have negative impacts on students that begin at WKU, which some available research suggests will be more likely to impact students in college studies.

It must be established that the change in enrollment student hours effectively to work under a 12-hour system has many positive effects and higher capacity of building student attention during the early morning hours. Rather, the issue is whether a later start time would benefit, on average, students in sleep quantity – attention spans during all classes during the day, and overall student success (GPA, better mental health, etc).

Requires 2017 study including a "significant positive effect on student performance, which is strongly supported by existing research quality by non-scientist observers" with a 10% return later start times at the time the study was conducted. Additionally, have additional college students and researchers that sleep deprivation, there has not been a widespread consensus by colleges and universities on college-level sleep loss. Accordingly, a review of the available literature is in order, as well as research on other institutions who may have studied sleep issues. If this summary of the evidence presented is provided.

WKU faculty to review starting classes later  
 AARON MUDD amudd@bgdailynews.com 12 hrs ago

## Aaron Mudd

Education reporter. Covers education and related issues, focusing primarily on the Bowling Green and Warren County public school districts and Western Kentucky University.

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