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The image features the Shelter Insurance logo on the left, which consists of a blue shield-like shape with the words "SHELTER INSURANCE" in white. To the right of the logo are three headshots of agents: Sarah Duffer (woman), Dan McCloud (man), and Nancy Hickey (woman). Below their names is a call-to-action text: "Let us help you get the right coverage at the best rate possible & help you shrink your auto premium!" At the bottom right, there is a link: "Click here to visit our Bowling Green agent's websites."

Sarah Duffer   Dan McCloud   Nancy Hickey

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

AARON MUDD 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 logo for the Bowling Green International Festival. It features the words "Bowling Green" in green, "INTERNATIONAL" in large, colorful letters (blue, yellow, red, green), and "FESTIVAL" in white with a black outline. Below the text is a graphic of a globe with a blue and yellow checkered pattern, surrounded by stylized flags in red, white, and blue.

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. Its goal is to reach 2,000 signatures by midnight Tuesday.

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



## Aaron Mudd

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