Some research shows that teenagers need more sleep than the rest of us (9.25 hours, according to the National Sleep Foundation), so we asked our Facebook fans if high school should start later. That woke them up better than a cup of morning Joe! Here are some of the posts from the lively discussion.

Some kids have to work after school. Some kids have to babysit their younger siblings. That's what life is like in the real world. —Geralyn Pfaff

It is the parent’s responsibility to make sure their kids get enough sleep. No starting school later in the day to accommodate those who don’t get to bed at a decent hour. No one changes work hours for adults who stay out all night. —Nancy Eddy Arnold

We know about the brain and sleep more than ever before. Let’s use what we know. Teens physically need more sleep and have a different sleep rhythm than adults. —Jenn Rechter

It would not work at my school. I teach at a career center (technical/vocational school). The vast majority of our students work a second job shift after school. I even have students who work a third job and then come to school after their shift. That takes dedication. Is it difficult? Yes! But they do what has to be done. —Carolyn Stein

They need to learn that life is getting up early and getting at it! —Myra Lewis

Too much playing on computers and phones is the problem! —Robert Thomas

Melatonin levels for teens do not kick in until later at night, so teens do not want to go to bed until late at night. Circadian rhythms are different in teens than in younger children. Starting school later could possibly improve student learning. —Terri Gardenshire

I think there should be flex time for high school students, as long as they get the credits they need to graduate. Of course, I also believe in year-round school, which could be done if there was not so much resistance from teachers and parents. —Nora Bixby

Why not offer a choice? Have some electives early and some later, and schedule the bulk of the core from 9:30 a.m. to 2:30 p.m. High school students are not just students; they are athletes, employees, caretakers of siblings, and parents. One size doesn’t fit all. —Mary Masters

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