

Winter is Coming

shorter days affect students' sleep, energy and mood

By the time winter arrives, most people already feel it. When the time changes, literally overnight the afternoons are shorter, the mornings are darker, and waking up suddenly takes more effort.

Sleep researchers who study seasonal changes explain that during winter, the body's internal "schedule" can fall out of sync with everyday routines. According to research led by Alfred J. Lewy at Oregon Health & Science University,

winter depression follows a clear seasonal pattern and often brings increased sleep and fatigue. As daylight decreases, sleep time may increase, but energy levels often drop instead of improve. The research explains that "fatigue, particularly difficulty getting up in the morning, is omnipresent, despite a tendency to lengthen sleep... which is not restorative". For students, that constant tiredness quickly becomes part of daily life at school.

"Honestly, the biggest change is how it messes up my sleep schedule. I feel tired for a whole week after," **JAMES CORNER (12)** said.

For others, the time change affects their mood just as much as their sleep. Shorter days and darker mornings can make students feel less motivated and more drained. In the article "The Power of Movement: How Consistent Physical Activity Can Fight Winter Blues", fitness writer Sarah Zimmer explains that reduced sunlight during winter can disrupt circadian rhythms and lower energy levels, contributing to what many people call the "winter blues". This lack of light can quietly impact how students feel throughout the day.

"Daylight savings can make things feel harder. I feel tired even when I go to bed early," **GREY WEAVER (9)** said.

Teenagers often feel these seasonal shifts more strongly because of how their bodies naturally work. The article from the Chronobiology Section at the University of Surrey, "Assessing evidence in translational chronobiology: The cases of Daylight Saving Time and road safety, and of school start times and sleep duration," explains that adolescents "tend to exhibit delayed sleep onset," meaning they fall asleep later than adults. When school schedules stay the same despite darker mornings, sleep loss can slowly build up over time. This makes early classes especially difficult during the winter months and can affect focus, mood, and overall energy.

"It makes my day feel longer so I like it a lot better because I feel more productive and I can get more done," **OLIVIA MARTIN ROBLEDO (10)** said.

Despite these challenges, some students find ways to adjust as winter goes on. Experts suggest that small habit changes can make a difference. Sarah Zimmer explains that "regular movement can regulate sleep patterns, making it easier to fall asleep and stay asleep." Getting daylight earlier in the day and keeping consistent routines can also help students feel more balanced.

"I think trying to stay active even if it's indoor is a great way to stay motivated during the Winter and it has definitely helped me," **THERESA VILLANASSERY (9)** said.

Coverage by Emma Roldan
Photo by Savannah Wright
Page design by Anna Marie Fortner



Olivia Martin Robledo (10)



James Corner (12)

cause I'm happy

where people get their happiness from to stimulate their brain

"I am happy when I am around my family and friends because my family is very supportive and loving, and my friends are so funny and we are always playing games on Roblox and even my brother plays with us." **ANNEHUANG (11)**

"Where I get my happiness is from my family, they show me love every time I'm around them and I love hanging out with them." **CESAR PEREZ PERALTA (10)**

"I get my happiness from YouTube shorts because the videos are really good because I feel like they put more effort on their videos than TikTok." **ALEXANDER GARCIA (10)**

"I get my dopamine from growth, seeing myself improve at soccer slowly, from training everyday." **STEVEN SHIM (9)**

Coverage by Savannah Wright and Dylan Cajun Lopez

gather by the campfire light

the selection of activities to do around the campfire

"I like just sitting and making sure I don't get involved into any family drama." **GABRIELLE DE SOUZA (9)**

17.6% HOT CHOCOLATE

33.8% S'MORES

13.3% GOSSIP

35.3% VOTED OTHER WITH 278 RESPONSES

"I like talking to friends and family, doing fun fact things and going over memories." **RYLEE STEVENS (11)**

278 students responded on Google Forms. Coverage by Savannah Wright, Emma Roldan and Dylan Cajun Lopez

BECAUSE YOU'RE HOT and you're cold

driving in different temperature in both cars and golf carts

"When I am driving in the summer, I wrap up my golf cart covers. I hate when it's hot and raining because then I get too hot under the covers." **MIRIAN PEREZ PERALTA (11)**

"The struggles I have while driving in the summer is that little [mirror] is broken so I can't see myself in it. But fortunately my A/C works but sometimes it's not enough because of the type of heat in Georgia." **JOSUE PEREZ (12)**

"When it's HOT outside I put my windows down and my roof down to feel the nice breeze." **ASHER LEVINE (11)**

"When it's COLD I put on gloves, my coat and blanket, then I make sure my golf cart cover is up and sometimes I go with my friend who has a heater on her golf cart." **ARAYNA GUPTA (11)**

"My first [class starts] fourth period so it is a little warmer out when I leave for school. I don't preheat my car so it is really COLD but I have to wear two jackets, a blanket and I still freeze." **YASEMIN KALPAKCI (12)**

Coverage by Savannah Wright and Noa Amos Graphic by Noa Amos

When I Wake Up in my own world

with daylight savings and weather, here's how sophomore Ethan Mooring's time changes

BEFORE DAYLIGHT SAVINGS

6am	4pm	6pm
"I wake up around 6 a.m. and I start to get ready for school, it usually takes me an hour to get ready and I have to leave my house early around 7 a.m."	"After school around 4 p.m. I go to a spot around the school and do some of my homework and eat before going home at 6 p.m."	"Once I get home, I usually talk to my little sibling before they go and get ready for bed. After I shower and finish any homework I didn't [finish] and go on the game. Afterward I go to bed at like 9 p.m. through 10 p.m."

AFTER DAYLIGHT SAVINGS

3am	5:40pm	3am
"I wake up around 3 a.m. because I slept for like eight or nine hours, so I have a lot more time to get ready, I start my homework, eat breakfast, get ready for the day."	"I go straight home after school and once I do, I usually fall asleep right after I eat and shower at like 5:40 p.m., because it's already so dark outside."	"Than I wake up around 3 a.m. again and repeat."

Coverage by Savannah Wright

PUMP IT up up up

change in weather causes a change in workout routines

"I used to walk around with my friends in the avenue now I just swim at the gyms." **HALEY COVINGTON (11)**

"During the winter time since I can't go outside I just watch a 30 minute workout video." **ALIZA FATIMA SYEDA (12)**

"I used to go outside and play soccer and basketball, but now I just go to a boxing gym." **DANTE COIRO (10)**

Coverage and Photo by Savannah Wright and Emma Roldan

NOBODY DOES THIS LIKE WE DO **starbucks order**

"I believe my Starbucks order is better than anyone else. I get a strawberry acai base with apple juice." **CAMILLE BLEUEZ (9)** Coverage by Emma Roldan

THE WINTER SLUMP

Winter

