

# Scientist Explains Why Starting Work & School Before 10AM Is Similar To Torture

By Alexa Erickson | [Collective Evolution](#)



Do you work before 10am? You're likely laughing at the question, as your alarm forces you out of sweet dreams and you play mind games each and every morning to pull yourself from the covers, douse yourself in water, drink a cup of coffee, and head to the office.

If you consistently dread getting out of bed before you're ready, you'll be happy to know Oxford University is on your side. Here at CE we believe the same thing! So long as our team is in by 10:30AM the latest, you can come in anytime you like before that.

The institution claims that forcing staff to start work before 10am is torturous and making people sick, stressed, and endlessly exhausted. They reason that, before the age of 55,

adults' circadian rhythms aren't in sync with the typical 9-to-5 working hours. Forcing our bodies to break nature is actually a "serious threat" to our happiness, our mental state, and even our work performance.

Dr. Paul Kelley of Oxford University urges the necessity for societal change, in which work and school times reflect the natural body clocks of humans.

"This is a huge society issue," Dr Kelley said. "Staff should start at 10am. You don't get back to (the 9am) starting point till 5. Staff are usually sleep-deprived. We've got a sleep-deprived society.

"It is hugely damaging on the body's systems because you are affecting physical, emotional and performance systems in the body.

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