

Have Some Schools Changed?

Hundreds of schools across the nation have adopted later start times, with **positive results including more and better-timed sleep, improved grades, decreased auto accidents, less teen depression and substance misuse, better attendance and graduation rates, and fewer suspensions.** These schools include large and small districts, as well as rural, suburban, and urban ones. See our website for examples.

Why Haven't More Changed?

Lack of awareness of the science of teen sleep is the biggest barrier to change. Communities also often assume that running schools at safe, healthy hours would increase transportation costs or reduce extracurricular opportunities, but real-life examples prove these speculations are unfounded and offer many feasible, fiscally responsible ways to have safe, healthy schedules.

How Can People Help?

Change will take collaboration by stakeholders and policymakers at all levels. Here are some ways to help:

1. Share this information with parents and community leaders.
2. Ask school administrators and local, state, and national policymakers to take action to protect children.
3. Share data and case studies from the Start School Later website, and follow us on Twitter and Facebook.



About Start School Later, Inc.

Start School Later is a national 501(c)(3) nonprofit organization of health professionals, sleep scientists, educators, parents, students, and other concerned citizens working to ensure that all schools can set hours compatible with health, safety, equity, and learning. Healthy Hours is our educational division.

Our activities include raising awareness, developing and providing educational resources, serving as an information clearinghouse, and supporting efforts to ensure healthy school hours, both nationally and locally.

Contact Us

For more information about healthy school start times, media requests, or how to join or start a local chapter:

contact@startschoollater.net

www.StartSchoolLater.net

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Local Contact:



Fast Facts on Healthy School Start Times

**...health, safety, and equity
in education**

What Time Should School Start?



The American Medical Association, American Academy of Pediatrics, and Centers for Disease Control all recommend that middle and high schools start no earlier than 8:30 a.m.

Today many schools start much earlier, often around 7 a.m. Bus pick-ups starting between 5:15 and 6:30 a.m. require students to wake hours before what is healthy, safe, and developmentally appropriate for their still-growing brains and bodies.

Most teens would need to be asleep at 8-9 p.m. to get enough sleep with these hours—often unrealistic for both biologic and cultural reasons. During puberty adolescents are biologically programmed to fall asleep later in the evening than children and adults, and to rise later in the morning. Most teen sleep deprivation is a product of wake-up, not bed, time.

Is There a Solution?

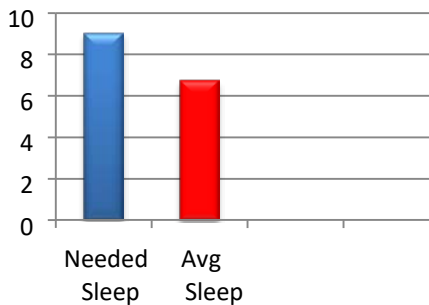
The science supporting later start times has been clear since the 1990s. Some schools have acted, but the great majority have yet to act. **Current schedules too often force parents to choose between child health and attendance.**

Experts are calling on state and federal lawmakers to set parameters and support efforts to protect child health and put parenting back into the hands of parents.

How Sleep-Deprived are U.S. Teens?

Adolescents require about 9 hours of sleep per night for optimal health. CDC data show that **over 90% of US high school students get inadequate sleep.**

The average U.S. adolescent sleeps 6.75 hours on school nights.



What are the Effects of Sleep Loss?

Below is a *brief* overview of some of the effects associated with chronic sleep loss. Visit our website for more research and full references:

- More automobile accidents
- More sports injuries
- Increased depression
- Increased suicidal ideation
- Increased substance abuse
- Poorer attention
- Poorer problem-solving
- Poorer academic performance
- Increased risk-taking
- More school-based violence
- Lowered immune functioning
- Increased insulin resistance
- Increased stress response
- Increased inflammatory response
- Increased risk of obesity
- Increased risk of diabetes
- Increased risk of heart disease
- More aggressive forms of cancer

Who Supports Action?

Below are just a few of the many organizations that have recommended later school start times. See our website for more endorsements:

- American Academy of Child & Adolescent Psychiatry (AACAP)**
- American Academy of Pediatrics (AAP)**
- American Academy of Sleep Medicine (AASM)**
- American Medical Association (AMA)**
- American Thoracic Society**
- Centers for Disease Control and Prevention (CDC)**
- Education Commission of the States**
- Florida High School Athletic Association Sports Medicine Advisory Committee**
- League of Women Voters of New Canaan, CT**
- Massachusetts Association of School Committees (MASC)**
- National Association of School Nurses**
- National Association of Social Workers (NASW), Ohio Chapter**
- National Education Association**
- National Parent Teacher Association**
- National Sleep Foundation**
- Society of Behavioral Medicine**

