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FOR IMMEDIATE RELEASE:

**Start School Later Launches 100th chapter**

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Start School Later, a non-profit dedicated to school hours that allow for healthy sleep, recently launched its 100th chapter and its first in the state of Alaska. The group expects to launch several additional chapters throughout the United States before the end of 2017. The 100th chapter, Start School Later Fairbanks AK, is led by Dr. Clay Triplehorn, a physician specializing in sleep and family medicine.

While many national health organizations, including the American Academy of Pediatrics and American Medical Association, have called for later school start times, grassroots efforts are often critical to successful changes by individual school districts, notes Start School Later's Chapter Director Debbie Moore.

“It is the local chapter leader who is sounding the alarm about the adolescent sleep crisis within local school districts," says Moore. "Our chapter leaders are educating school administrators on the unquestionable body of research, pushing for school districts to do right by our teens by setting bell schedules that are science-based.”

Start School Later’s Co-founder and Operations Director Maribel Cabrera Ibrahim noted that Start School Later's growth mirrors the growing awareness of the issue. “Six years ago, I was completely blown away that early school start times was not just a local problem in my school district but a condition across the nation. Start School Later, with a local chapter base that has doubled with each year of our existence, has made teen sleep deprivation related to early morning bell times a mainstream issue."

Ibrahim adds that providing a collective voice at the national, statewide, and local levels has allowed Start School Later chapters to play a direct role in delaying start times in at least 17 school districts and introducing related legislation in 8 states. "I am thrilled that Start School Later is fulfilling its mission to be a resource and a change agent for achieving health, safety and equity in education," she says.

Start School Later is a 501(c)(3) nonprofit organization working to ensure school start times compatible with health, safety, education, and equity. Visit their website at: [http://www.startschoollater.net](http://www.startschoollater.net/).

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