**School Hours and Sleep Deprivation:**

**A Public Health Epidemic**

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* **U.S. children board school buses as early as 5:15 a.m.**
* **The American Academy of Pediatrics recommends that high schools start at or after 8:30 a.m.**
* **Only 15% of U.S. high schools meet this important health recommendation.**
* **Many high schools start before 8:00 a.m.**

You can create a minimum start time for schools in the United States. **Protect child health, well-being, safety, and performance, and allow parents to do what is best for our children**.

Shifting middle and high schools to later in the morning is **cost effective**. Brookings Institution economists estimate a **benefit-to-cost ratio of at least nine-to-one** and report that improved performance is equivalent to **two extra months in school.** Lifetime earnings increase. Many school divisions have made the change at no cost. Some have saved money on transportation and others have found low-cost options to implement this positive change.

Students with later morning start times GAIN sleep. Adequate sleep **improves learning, memory, mood, and performance in school**, athletics and other extracurricular activities. Adolescents in districts with later high school start times have **fewer teen car crashes** (driving drowsy is like driving drunk).

Districts with later high school start times have **less depression** and a decreased need for medications to treat depression. Attendance improves, and **more students graduate**.

Some of the many organizations that support later middle and high school start times:

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| American Academy of Pediatrics | American Academy of Child and Adolescent Psychiatry |
| Education Commission of the States | American Foundation for Suicide Prevention |
| Minnesota Medical Association | Ohio Chapter of the National Association of Social Workers |
| Virginia PTA | Florida High School Athletic Association |
| Maryland State Medical Society | Medical Society of Northern Virginia |

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| *Start School Later, Inc* is a 501(c)(3) nonprofit organization of health professionals, sleep scientists, educators, parents, and students working to ensure that schools set hours compatible with health, safety, equity, and learning. Visit our website at [www.StartSchoolLater.net](http://www.StartSchoolLater.net) or email us at contact@StartSchoolLater.net |