**Parents Advocacy Network (PAN) Resolution to Eliminate Mandatory Classes Before 8:00 a.m.**

According to the Centers for Disease Control (CDC), nearly 70% of U.S. teens are sleep-deprived, with nearly 40% getting six or fewer hours of sleep per night. There is [compelling evidence](http://www.brookings.edu/~/media/research/files/papers/2011/9/organization%20jacob%20rockoff/092011_organize_jacob_rockoff_paper.pdf) that early school start times contribute significantly to this problem, [impairing learning and decision-making](http://sleepingresources.com/how-early-and-late-school-start-times-affect-the-mind/), [increasing tardiness, truancy, and dropout rates](http://sleepingresources.com/sleep-deprivation-and-dropout-rates/), and fostering [stimulant abuse, mood swings](http://schoolstarttime.org/early-school-start-times/risk-taking-behaviors/), [weight gain](http://schoolstarttime.org/early-school-start-times/excessive-weight-gain/), [impaired immune function](http://www.webmd.com/sleep-disorders/excessive-sleepiness-10/immune-system-lack-of-sleep), [high blood pressure](http://schoolstarttime.org/early-school-start-times/physical-psychological-social-difficulties/), [depression](http://schoolstarttime.org/early-school-start-times/depression-anxiety-fatigue/),  and [suicidal thoughts and behaviors](http://schoolstarttime.org/early-school-start-times/suicidal-ideation-completed-suicide/). Besides increasing the amount of [sleep students receive on school nights](http://sleepingresources.com/early-vs-late-school-start-times-how-they-affect-students-physically/), starting school later in the morning has been shown to boost student [mood, health,](http://www.psychologytoday.com/blog/sleepless-in-america/201102/do-later-school-start-times-really-help-high-school-students) and [school performance](http://sleepingresources.com/sleep-deprivation-and-dropout-rates/) while [cutting down on car accidents](http://www.ncbi.nlm.nih.gov/pmc/articles/PMC2603528/), with academic benefits [roughly twice as great in disadvantaged students](http://www.brookings.edu/~/media/research/files/papers/2011/9/organization%20jacob%20rockoff/092011_organize_jacob_rockoff_paper). Therefore, the Parents Advocacy Network joins with the national coalition Start School Later to recommend that Anne Arundel County Public Schools revamps its schedules to eliminate mandatory classes before 8:00 a.m.

Adopted by unanimous vote on September 27, 2012

The [Parents Advocacy Network](The%20Parents%20Advocacy%20Network%20is%20an%20independent%20group%20of%20parents%20who%20are%20working%20together%20to%20advocate%20for%20improving%20the%20public%20schools%20in%20Anne%20Arundel%20County%2C%20Maryland.) is an independent group of parents who are working together to advocate for improving the public schools in Anne Arundel County, Maryland