

What are the Perceived Barriers?

Lack of awareness of the science of teen sleep is the biggest barrier. There is also the assumption that transportation costs would *have* to increase, or that extra-curricular activities would be reduced to start school later, but real life examples prove that these fears are unfounded.

Have Some Schools Changed?

Yes, hundreds of schools across the nation have adopted later start times, with positive results including:

- **improved grades**
- **decreased auto accidents, and**
- **reduced suspension days.**

These schools are districts of all sorts, large and small, rural, urban, and suburban, and all have found solutions that work for their communities.



What Can Community Members Do?

Successful change requires collaboration at all levels. Here are some ways to help:

- Share information with parents and leaders in your community.
- Ask your school administrators and your state lawmakers for action.
- Share data from our website, and follow us on Twitter and Facebook.



About Start School Later, Inc:

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

Contact Us:

For more information about healthy school start times, media requests, or to form a local chapter, contact us at:

contact@startschoollater.net

www.StartSchoolLater.net

Start School Later, Inc.
PO Box 6105 Annapolis, MD 21401



Local Contact:



Fast Facts on Healthy School Start Times

...health, safety, and equity
in education

Why are School Start Times a Problem?



During puberty adolescents are biologically programmed to fall asleep later in the evening than younger children and older adults, and rise later in the morning. This temporary “phase delay” in sleep is the reason the American Academy of Pediatrics and the Centers for Disease Control have recommended middle and high schools start class after 8:30 a.m.

According to a 2015 CDC report **5 out of 6** US middle and high schools start before 8:30 a.m.

Early school start times often translate to bus pick-ups between **5:05 and 6:30 a.m.** – requiring students to wake hours before what is developmentally healthy and safe.

Earlier bedtimes are not a biological option, and experts know that most teen sleep deprivation is a product of their wake time, not their bedtime.

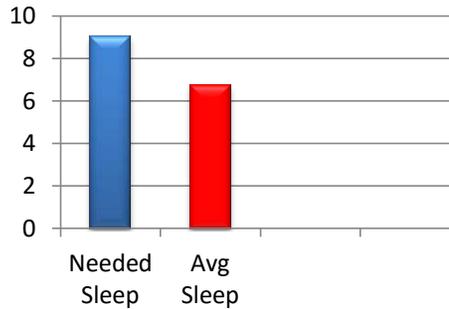
What Do Policy Makers Need to Do?

The science has been known since the 1990s. Some schools have changed hours, but the great majority have yet to act.

Experts are calling on state and federal lawmakers to set parameters to protect child health and put parenting back into the hands of parents. *Current early schedules require parents to choose between child health and attendance.*

How Sleep-Deprived are US Teens?

Adolescents require 8.5 to 9.5 hours of sleep per night for optimum health, however the average US adolescent sleeps **6.75 hours** on school nights.



What are the Effects of Sleep Loss?

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

- Car crashes
- Pedestrian accidents
- Sports injuries
- Anxiety
- Depression
- Suicide
- Substance abuse
- Poorer attention
- Poorer problem-solving
- Poorer academic performance
- Risk-taking
- School-based violence
- Compromised immune functioning
- Increased insulin resistance
- Increased stress response
- Obesity
- Diabetes
- Heart disease
- More aggressive forms of cancer

Who Supports Action?

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

American Academy of Pediatrics

Centers for Disease Control

National Assn of School Nurses

Society of Pediatric Nurses

American Thoracic Society

Education Commission of the States

American Academy of Child & Adolescent Psychiatry

Minnesota Medical Association

Ohio Chapter of the National Association of Social Workers

Seattle Education Association

Maryland State Medical Society

Virginia State PTA

Florida High School Athletic Assn Sports Medicine Advisory Committee

The Lloyd Society

Ohio Adolescent Health Partnership

Florida Medical Association