



2024 National Conference on Adolescent Sleep & School Start Times

Science & Implementation

Loyola University Maryland
October 18-19 | Baltimore

Day 1 – Friday, October 18, 2024

9:00 AM Welcoming Remarks – Terra Ziporyn Snider, PhD, Executive Director and Co-Founder, Start School Later and Afra Hersi, PhD, Dean of the School of Education, Loyola University Maryland

9:20 AM Welcoming Icebreakers – Danny Lewin, PhD, Sleep Health and Wellness Center

9:30 AM Speaker from Maryland Government (Invited)

9:40 AM Keynote Speaker (Invited)

10:00 AM Changing School Start Times: The Goldilocks Solution – Kyla Wahlstrom, PhD, University of Minnesota Twin Cities

10:20 AM Science of Sleep and School Start Times – Judith Owens, MD, Harvard Medical School

11:00 BREAK

11:15 - 12:35 The Benefits of Age-Appropriate School Hours Panel Discussions with Moderator and Q&A

Panel 1 - Physical and Mental Health, Safety, and Performance – Moderator Judith Owens, MD, MPH, Harvard Medical School, Boston Children’s Hospital

- Mark Rosekind, PhD, 15th Administrator National Highway Traffic Safety Administration
- Rachel Widome, PhD, University of Minnesota Twin Cities
- Jared Saletin, PhD, Brown University

Panel 2 - Benefits to School Communities, At-Risk Populations, and Economies – Moderator Rafael Pelayo, MD, Stanford Medicine

- Lisa Meltzer, PhD, National Jewish Health
- Chandra Jackson, PhD, National Institute of Environmental Health Sciences

- Wendy Troxel, PhD, Rand Corporation

12:40 LUNCH

1:45 PM Recognitions

2:10 PM Implementation Success Stories

- Overview of Successful Efforts – Phyllis Payne, MPH, SSL Implementation Director
- Transportation Basics – Tom Platt, Center for Effective School Operations
- Radnor Township School District, Pennsylvania – Amy Goldman, Immediate Past President School Board and Ken Batchelor, EdD, Superintendent
- Anne Arundel County Public Schools, Maryland – Joanna Tobin, PhD, Immediate Past President School Board and Mark Bedell, EdD, Superintendent

3:00 PM BREAK

3:15 PM Working Groups (multiple rooms for each topic depending on audience)

- 1) Advocating for School and Statewide Policy: Communication, Collaboration, and Community-Engagement Strategies** (*Audience: legislators/school board members/advocates*)
- 2) Overcoming Challenges to Bell Time Change: Effective Change Management and Creative Solutions for School Administrators** (*Audience: school superintendents and administrators*)

4:45 PM BREAK

5:00 State Legislation: Getting it Done

- Massachusetts Student Effort – Zorianna Petrosyan, University of VT student and former leader, SSL Falmouth MA (student chapter).
- 2018 California Legislation – Rafael Pelayo, MD, Stanford Medicine and Joy Wake, Start School Later
- 2023 Florida Legislation – National Sleep Foundation (Invited)

5:45 PM Closing Remarks – Frank Golum, PhD, Dean College of Arts and Science, Loyola University Maryland

6:00 PM Adjourn for the day

6:00-7:30 PM Collaboration and Cocktails – Networking opportunity at Fernandez Center, Loyola University Maryland

Day 2 – Saturday, October 19, 2024

9:00 AM Welcoming Remarks – Terra Ziporyn Snider, PhD, Start School Later

9:10 AM Perspective: Turning Sleep and Circadian Science Into School Policy – Phyllis Zee, MD, Northwestern University

9:30 AM School Start Times in Urban Environments: Baltimore Case Study – Moderator Amy R. Wolfson, PhD, Loyola University Maryland

- Overview of Baltimore City Schools, Adolescent Sleep Health, and School Start Times – Amy R. Wolfson, PhD, Loyola University Maryland
- Current Sleep Challenges Facing Children and Adolescents in Baltimore City – Laura Stern, MD, Johns Hopkins Pediatric Sleep Center
- Juvenile Crime and Later School Start Times in Baltimore and Beyond – Dylan Jackson, PhD, Johns Hopkins University, Bloomberg School of Public Health
- Sleep-Living Environment for Youth in the Juvenile Justice System – Sam Abed, JD, Director Youth Rehabilitation Services, Washington DC

10:30 AM BREAK

10:45 AM Transportation Solutions Panel with Q&A – Moderator Phyllis Payne, MPH, Start School Later

- Tatia Prieto, PhD, Prismatic Services, Inc.
- Tom Platt, Center for Effective School Operations
- Tim Ammon, Zonar Systems

11:45 AM Recent State Legislative Efforts in the Mid-Atlantic

- Permanent Daylight Saving Time & Impact on School Start Time
- Maryland Legislation
- Pennsylvania Legislation – Joanna Fong-Isariyawongse, MD, University of Pittsburgh
- New Jersey Legislation – Deborah Steinbaum, MD, New Jersey American Academy of Pediatrics

12:20 PM Closing Remarks

12:30 PM Adjourn Conference