

## Regional Adolescent Sleep Needs Coalition (RASNC)

### Start School Later - Southeastern PA

[www.startschoollater.net/pa---southeastern.html](http://www.startschoollater.net/pa---southeastern.html)

## Professional Health Organizations - Adolescent Sleep Health Articles/Studies

- [American Academy of Pediatrics www.aap.org](http://www.aap.org)
  - [AAP Study School Start Times for Adolescents pediatrics.aappublications.org/content/134/3/642](http://pediatrics.aappublications.org/content/134/3/642)
- [American Medical Association www.ama-assn.org](http://www.ama-assn.org)
  - [Supports Delayed School Start Times to Improve Adolescent Wellness](#)
- [American Association of Sleep Medicine aasm.org](http://aasm.org)
  - [AASM - Help Your Teen Recharge with Sleep www.sleepeducation.org/news/2016/08/16/help-your-teen-recharge-with-sleep](http://www.sleepeducation.org/news/2016/08/16/help-your-teen-recharge-with-sleep)
  - [AASM - Sleep Recharges You www.sleepeducation.org/healthysleep/sleep-recharges-you-teen-sleep-duration](http://www.sleepeducation.org/healthysleep/sleep-recharges-you-teen-sleep-duration)
- [Centers for Disease Control www.cdc.gov](http://www.cdc.gov)
  - [CDC Sleep and Sleep Disorders www.cdc.gov/sleep/index.html](http://www.cdc.gov/sleep/index.html)
- [American Psychological Association www.apa.org](http://www.apa.org)
  - [APA Later School Start Times Promote Adolescent Well-Being www.apa.org/pi/families/resources/school-start-times.pdf](http://www.apa.org/pi/families/resources/school-start-times.pdf)

## Sleep Research Articles & News by Topic Areas

### General Sleep Research

- Penn State Research - [Teens May Get More Sleep When School Starts Later](#)

### Sleep and Academic Performance

- UC Berkley & Northeastern Illinois U. - [Poor Grades Tied to Class Times & Biology](#)
- [The Impact of School Start Times on Adolescent Health and Academic Performance](#)
  - [Delaying School Start Times: Practical Considerations and School-Aged Children](#)

### Sleep and Behavioral Health

- **UCLA Health & Behavior Sleep-deprivation Study**
  - [UCLA-led study blames mental lapses on sleep-deprived brain cells](#)
  - [Video about the study](#) and [Link to Study on Nature Medicine](#)
- Article - [Waking up about sleep: A public health need, overlooked](#)
- Article - [Students, schools battle sleep issues for beneficial school year](#)
- Article - [Medical Mystery: Why is this teen so miserable?](#) (Case Study article)
- Article - [Later start time for teens improves grades, mood and safety](#)
- Article - [Want to Prevent Teen Mental Health Problems? Let Them Sleep](#)
- Article - [Sleep, Teenage Brains and Getting Up for School](#)
- Article - [Pediatricians say teens should sleep in. Schools won't let them.](#) (NOTE: Linked also in [PA School Board Association Newsletter - August 25, 2017](#))

## Sleep and Economics

- RAND Corporation [Later School Start Times in the U.S. an Economic Analysis.](#)
  - Washington Post News Article link about the research: [Letting Teens Sleep in Would Save the Country Roughly \\$9 Billion a Year.](#)
  - New York Times Article about the research: [The Economic Case for Letting Teenagers Sleep a Little Later](#)
  - [RAND Corporation Sleep Blog](#)

## Sleep and Athletics

- Article - [How Much Sleep Does Your Student-Athlete Get Per Night](#)
- Article - [Teens are Sleep Deprived: Here's How that Affects Sports, School and Health](#)
- Article - [To the N.F.L., 40 Winks is as Vital as the 40-Yard Dash](#)
- Article - [How School Start Times Affect High School Athletics](#)
- Poster - [The Effects of Sleep on Athletic Performance](#)
- Book - [Sleep to Win!: Secrets to Unlocking Your Athletic Excellence in Every Sport](#)
- Presentation - [UCF School Start Times and Athletics](#) & [Video](#) (PIAA District 1 Mtg. 12-2017)
- Article - [Reducing Risk in Sports: Sleep is essential for student-athlete success](#)
- GDoc - [Southeastern Region PIAA District 1 RASNC Members Start School Later Status](#)

## Safe Driving Related to Healthy Sleep

- [Pennsylvania Teen Driver Statistics](#)
- [Pennsylvania Crash Information Tool](#)
- [Drowsy Driving](#) - Governors Highway Safety Association
- [Drowsy Driving](#) - US Department of Transportation
- [Federal Highway Administration Resources](#) - US Department of Transportation