

## **Amy Goldman**

Amy Goldman's journey as a sleep health advocate began as a parental quest to better understand her teenage child's difficulty falling asleep. She attended a presentation in 2014 by sleep medicine expert [Dr. Judith Owens](#) and learned that the nightly bedtime struggles occurring in her home were not the result of bad habits but rather a matter of adolescent hormones and biology.



Amy was elected in 2015 to her local school board and served for eight years, including two as Vice President followed by two as President. As a parent of teenagers and as a school board member, she witnessed first-hand the dangers associated with adolescents being constantly exhausted. In 2016, Amy co-founded the [Regional Adolescent Sleep Needs Coalition](#), referred to as RASNC. RASNC provides sleep health education and healthy school hours guidance and support to dozens of school district and health officials, parents, and community members across Pennsylvania, New Jersey, and Delaware.

RASNC recognized early on the need for partnership with its state government (Pennsylvania) and advocated for the crafting and passage of [PA Senate Resolution 417](#) that was unanimously approved in 2018. SR 417 required the Pennsylvania Joint State Government Commission (JSGC) to produce a report on adolescent sleep and the state of PA's secondary school start times. Amy served on the Commission's Advisory Committee alongside an esteemed group of diverse professionals. The October 2019 paper that resulted was among the most requested and read reports the JSGC had ever published.

During Amy's school board tenure and after an extensive district exploration led by its administration, in 2019 her Board formally approved a [recommendation](#) to implement an 8:30AM high school start time. Nothing has been more inspiring to her than to see the difference a later secondary school start time has made for Radnor's students. Amy fervently believes that every student deserves access to the same lifechanging gains.

In addition to her school board service, Amy has also served in volunteer leadership positions with the Pennsylvania School Boards Association, the Delaware County Intermediate Unit, the Delaware County School Boards Legislative Council, and completed a Fellowship Program with Pennsylvania's Education Policy Leadership Council.

Prior to her decades of volunteer service, Amy was an Account Executive in television advertising sales at 6ABC in Philadelphia. She holds a B.A. degree in History from the University of Pennsylvania. Amy has also recently co-founded [Educational Leadership Consulting, LLC](#). Amy and her husband live in Pennsylvania and have two adult children.