September 9, 2019

**SB 328 (Portantino) Healthy School Start Times**  
**SUPPORT**

Dear Members of the California Legislature and Governor Gavin Newsom:

As experts in scientific research, public health, medicine, sleep medicine, pediatrics, psychiatry, adolescent psychiatry, and preventive medicine, we urge you to support SB 328 (Portantino), the healthy school start times bill.

The volume, breadth, consistency, and strength of the peer-reviewed scientific research supporting this legislation are unequivocal, and they exceed the high standards for public health and education policy.

The evidence is clear: Because brain changes that occur at puberty cause most teenagers to naturally stay awake later at night, early school start times prevent most adolescents from obtaining the quantity and quality of sleep they need. Adolescent sleep loss increases risks for many serious illnesses, suicide, car crashes, and lower academic performance. Early school start times are the primary and modifiable public policy cause of the adolescent sleep loss epidemic. Starting secondary schools at 8:30 a.m. or later results in more sleep on average for kids, and it is the essential public policy countermeasure to combat the public health epidemic of adolescent sleep deprivation.

The level of research consensus on this matter is overwhelming, and it underscores the urgent need to protect California's adolescent children from the public health risk of developmentally inappropriate school start times. Please prioritize the health, safety, and well-being of California’s 6 million public school children by passing and signing SB 328 into law.

Thank you,

Kevin Asp, CRT, RPSGT  
President, inboundMed  
Former Board Member,  
American Association of Sleep Technologists (AAST)

Debra A. Babcock, MD  
Packard Children’s Health Alliance  
Stanford Children’s Health

Dean Beebe, PhD  
Associate Professor of Pediatrics  
Director, Neuropsychology Program  
Cincinnati Children’s Hospital

Mariah Baughn, MD  
Chair, Department of Pathology  
Scripps Memorial Hospital

Paula Brinkley, MD, MPH  
Packard Children’s Health Alliance  
Stanford Children’s Health

Rita Brooks, MED, R. EEG/EP T., RPSGT, FAAST  
President, American Association of Sleep Technologists (AAST)

Mark J. Buchfuhrer, MD FRCP(C), FCCP, FAASM  
Stanford University School of Medicine  
Division of Sleep Medicine

Meryl Butters, PhD  
Associate Professor of Psychiatry and Clinical and Translational Sciences  
University of Pittsburgh

Daniel J. Buysse, MD  
UPMC Professor of Sleep Medicine; Professor of Psychiatry and Clinical and Translational Science, University of Pittsburgh School of Medicine

Michelle Cao, DO  
Clinical Associate Professor, Neurology & Neurological Sciences  
Stanford Center for Sleep Sciences and Medicine  
Stanford University

Craig Canapari, MD  
Associate Professor, Yale University School of Medicine  
Director, Pediatric Sleep Center, Yale New-Haven Hospital Division of Pediatric Respiratory Medicine  
Yale University
Scott Kutscher, MD
Department of Psychiatry and Behavioral Sciences, Stanford University Medical Center

Monique K. LeBourgeois, PhD
Associate Professor
Department of Integrative Physiology
University of Colorado Boulder

Alison Lee DO
Family Practitioner
Maine Medical Center

Daniel S. Lewin, PhD, D.ABSM, CBSM
Associate Director, Pediatric Sleep Medicine, Children’s National Health System; Director, Pulmonary Behavioral Medicine, Children’s National Health System; Associate Professor of Pediatrics and Psychiatry, George Washington University School of Medicine

Chun Lim, MD, PhD
Medical Director, Cognitive Neurology Unit
Assistant Professor, Harvard Medical School and Beth Israel Lahey Health

Stanley Yung Liu, MD, DDS
Assistant Professor of Otolaryngology/Head & Neck Surgery (Sleep Surgery)
Stanford University Medical Center

Carey Lockhart, MD
Clinical Assistant Professor, Neurosciences, Pulmonary and Sleep Medicine, Neurology, Seattle Children’s Hospital

Alan K. Louie, MD
Professor, Associate Chair, and Director of Education
Department of Psychiatry and Behavioral Sciences, Stanford University School of Medicine

James B Maas, MAzz, PhD
Former Professor and Chair, Department of Psychology
Stephen H Weiss Presidential Fellow, Cornell University

Eleanor McGlinchey, PhD
Assistant Professor of Clinical Child Psychology
Fairleigh Dickinson University Columbia University Medical Center/New York State Psychiatric Institute

Beth McNeill, PhD
Medical Sociologist

Beth Malow, MD, MS
Professor of Neurology and Pediatrics
Vanderbilt University Medical Center

Bert Mandelbaum, MD, FAAP
Princeton Nassau Pediatrics Chairman, Department of Pediatrics, University Medical Center at Princeton
Immediate Past President of the Medical Staff, Penn Medicine, Princeton Health Chair; NJ AAP Task Force on Adolescence and School Start Times

Jennifer L. Martín, PhD, FAASM
Clinical Psychologist
Behavioral Sleep Medicine Specialist
Member, Board of Directors, American Academy of Sleep Medicine (AASM)
Professor of Medicine, UCLA

Lisa J. Meltzer, PhD, CBSM, DBSM
Associate Professor of Pediatrics
National Jewish Health

Mitchell Miglis, MD
Clinical Assistant Professor of Neurology
Stanford University

Emmanuel Mignot, MD, PhD
Craig Reynolds Professor of Psychiatry and Behavioral Sciences
Director, Stanford Center for Sleep Sciences and Medicine

Richard P Millman MD
Professor of Medicine and Pediatrics
Alpert Medical School of Brown University

Sameh Morkous, MD, FAAP, FAAN
Chief, Pediatric Neurology Section; Medical Director, Lehigh Valley Health Network Pediatric Sleep Disorders Center; Clinical Professor, Philadelphia College of Osteopathic Medicine & DeSales University; Associate Professor, Collaborative with Morsani College of Medicine, University of South Florida

Phillipe Mourrain PhD
Department of Psychiatry and Behavioral Sciences, Stanford University School of Medicine

David Neubauer, MD
Associate Professor of Psychiatry and Behavioral Sciences, Johns Hopkins University Medical Center
Member, Board of Directors, National Sleep Foundation

Caroline Okorie, MD, MPH
Clinical Assistant Professor of Pediatrics
Division of Pediatric Pulmonary and Sleep Medicine
Stanford Children’s Health

Rev. Ed O’Malley, PhD, FAASM
Your Optimal Nature LLC
Integrative Sleep Medicine, Neurofeedback & Nature Awareness

Lucien Ouellette, MD
OA Associates Sports Medicine
Stacy Simera, MSSA, LISW-S
Sleep Committee Chair,
Ohio Adolescent Health Partnership
Therapist,
Kent Psychological Associates

Dorothy Sinard, MD FAAP
Child Health and Safety Advocate
Retired Pediatrician
American Academy of Pediatrics

Theresa Shumard
 Advocate for Patients;
Education Support Manager
American Sleep Apnea Association

Andrew O. Smith, MD
Oregon Anesthesiology Group

Michelle Sobremonte-King, MD
Acting Assistant Professor
Division of Pulmonary and Sleep Medicine
University of Washington
School of Medicine
Seattle Children’s Hospital

Shannon Sullivan, MD
Stanford Division of Sleep Medicine
Stanford University

Roger Thompson EdD
Professor Emeritus
Department of Criminal Justice
The University of Tennessee at Chattanooga

Tracy Trevorrow, PhD
Professor of Psychology
Center for Behavioral Medicine
Chaminade University

Edwin M. Valladares, MS,
RPSGT
Manager, USC Sleep Disorders Center
Keck Medical Center of USC
University of Southern California

Max Van Gilder, MD, FAAP
Assistant Clinical Professor of Pediatrics
Columbia University Vagelos College of Physicians and Surgeons

Kyla L. Wahlstrom, PhD
Senior Research Fellow
College of Education and Human Development
University of Minnesota
Member, Editorial Board, *Sleep Health*

Matthew P. Walker, PhD
Professor, Neuroscience & Psychology
Director, Center for Human Sleep Science
University of California, Berkeley

Emerson M. Wickwire, PhD
Associate Professor of Psychiatry and Medicine
University of Maryland School of Medicine
Director, Insomnia Program
University of Maryland

Robin Woidtke, MSN, RN,
RPSGT, CCP, CCSh
Principal, Sleep For Nurses:
Sleep Education Fundamentals Program for Nurses

Amy R. Wolfson, PhD
Professor of Psychology
Loyola University Maryland
Associate Editor, *Sleep Health*

Brad Wolgast, PhD, CBSM
Director
Center for Counseling and Student Development
University of Delaware

Joanna Wrede, MD
Sleep Medicine and Child Neurology
Seattle Children’s Hospital

Kin M. Yuen, MD, FAASM
Stanford University School of Medicine
Division of Sleep Medicine