



Healthy school hours matter!

Teens experience a biological delayed sleep phase at puberty.

Connect the dots!

- Teens need about 9 hours of sleep
- School districts need additional funding
- CDC identifies teen sleep deprivation as a health crisis
- State funding is determined by attendance
- Numerous health organizations recommend 8:30 or later start times
- Later start times increase attendance

TX start times by the numbers:

- 977 TX high school district start times researched
- Only 12% of TX school districts meet start time health recommendations
- 88% of TX high schools currently mandate sleep deprivation
- Aldine ISD begins at 6:55 AM, 33 districts begin between 7:00 - 7:29, 330 between 7:30 - 7:59, 498 between 8:00 - 8:29, and 115 at 8:30 or later
- Nationally ranked TX high schools start after 8:30 am

“Increasing Houston ISD’s attendance by 1% increases state funding by 22.3 million.”

- Barbara Bush, Literacy Foundation

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