

Teenagers need 8½ to 9½ hours of sleep a night.

Due to the circadian rhythms of the adolescent sleep cycle, teens (and even adults in their 20s) typically can't fall asleep before 11 PM.

The **American Medical Association**, the **American Academy of Pediatrics**, and the **U.S. Centers for Disease Control and Prevention** say that high schools and middle schools should not start before **8:30 AM**.



◀ *An example:*

With a 7:17 AM opening bell, students in Anne Arundel County, Maryland, have to be on a school bus as early as 5:23 AM.

There's overwhelming evidence that later school start times ...

- Improve academic performance and the likelihood of future success
- Reduce tardiness, truancy, dropout rates and delinquency
- Improve alertness, memory, attention and cognitive processing skills
- Reduce depression, anxiety and suicidal thoughts and behaviors
- Improve athletic performance and help prevent sports-related injuries
- Reduce the risk of obesity, eating disorders and diabetes
- Improve health, mood and immunity
- Reduce the rates of car crashes, substance abuse and other high-risk behaviors (especially during unsupervised afternoon hours)



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