



Getting to  
**YES**

*You're Invited!*

## 2024 National Conference on Adolescent Sleep & Later School Start Times *Science & Implementation*

**We know later school start times for middle and high school are the right thing to do. Join Start School Later to learn how to *Get To Yes* and implement healthy school hours in your community.**

- October 18-19, 2024
- Loyola University Maryland, Baltimore
- Registration fee\*: \$195 (\$250 after 8/14/24)

**Expert Insights:** Respected school administrators, researchers, and policymakers will share their expertise on the benefits of later start times, success stories, best practices, and strategies to accommodate logistical adjustments (e.g., to transportation, childcare, staff contracts, and extracurricular activities).

**Interactive Workshops:** Dive into the details during expert-led workshops focused on practical tools and strategies for advocating and implementing later start times.

**Panel Discussions:** Hear firsthand perspectives on the transition to later start times from educators, students, parents, and community stakeholders who have been there, done that.

**Networking Opportunities:** Connect with like-minded leaders from across the country to exchange ideas, collaborate on solutions, and build a supportive network.



**To learn more and to register,  
visit [StartSchoolLater.net](https://StartSchoolLater.net)**

\*Conference registration includes complimentary continental breakfast both mornings, lunch on the first day, and hors d'oeuvres at a Friday evening reception.



## Scheduled speakers and workshop leaders include:

**Sam Abed, JD**

Director  
Department of Youth Rehabilitation Services  
Washington, DC

**Tim Ammon**

Zonar Systems

**Kenneth Batchelor, EdD**

Superintendent  
Radnor Township School District (PA)

**Mark Bedell, EdD**

Superintendent  
Anne Arundel County Public Schools (MD)

**Mary Carskadon, PhD**

Professor of Psychiatry and Human Behavior  
Brown University

**Joanna Fong-Isariyawongse, MD**

Department of Neurology,  
University of Pittsburgh

**Amy Goldman**

Immediate Past President, School Board  
Radnor Township School District (PA)

**Afra Hersi, PhD**

Dean of the School of Education  
Loyola University Maryland

**Chandra Jackson, PhD**

National Institute of  
Environmental Health Sciences

**Dylan Jackson, PhD**

Johns Hopkins University  
Bloomberg School of Public Health

**Lisa Meltzer, PhD**

Nyxeos Consulting and  
National Jewish Health

**April Fleming Miller, OD**

Maryland House of Delegates, District 4

**Judith Owens, MD, MPH**

Harvard Medical School and  
Boston Children's Hospital

**Tom Platt**

Center for Effective School Operations

**Tatia Prieto, PhD**

Prismatic Services, Inc.

**Rafael Pelayo, MD**

Stanford University

**Mark Rosekind, PhD**

15th Administrator,  
National Highway Traffic Safety Administration  
40th Member,  
National Transportation Safety Board

**Jared Saletin, PhD**

Alpert Medical School of Brown University and  
E.P. Bradley Hospital

**Terra Ziporyn Snider, PhD**

Executive Director and Co-Founder  
Start School Later

**Gary Snyder, EdD**

Virginia Tech  
Former Principal, Princeton High School NJ

**Deborah Steinbaum, MD**

New Jersey Chapter  
American Academy of Pediatrics

**Laura Sterni, MD**

Johns Hopkins Pediatric Sleep Center

**Joanna Tobin, PhD**

Immediate Past President, Board of Education  
Anne Arundel County Public Schools

**Wendy Troxel, PhD**

RAND Corporation

**Kyla Wahlstrom, PhD**

College of Education and Human Development  
University of Minnesota Twin Cities

**Rachel Widome, PhD**

School of Public Health  
University of Minnesota Twin Cities

**Amy R. Wolfson, PhD**

Professor of Psychology  
Loyola University Maryland

**Phyllis Zee, MD, PhD**

Feinberg School of Medicine  
Northwestern University

Join Us!