

Sleep Friendly Research and Information

Health Agencies' and Organizations' Position Statements and Research

American Academy of Child & Adolescent Psychiatry

- [Backs American Academy of Pediatrics call to start middle and high schools no earlier than 8:30 a.m.](#) September 2, 2014.

American Academy of Pediatrics (AAP)

- [Recommends that middle and high schools start no earlier than 8:30 a.m. for the sake of sleep, health, and learning.](#) August 25, 2014.

American Academy of Sleep Medicine (AASM)

- [Calls on communities, school boards, and educational institutions to implement start times of 8:30 AM or later for middle schools and high schools to ensure that every student arrives at school healthy, awake, alert, and ready to learn."](#) (April 2017)

American Association of Sleep Technologists (AAST)

- [Strongly recommends that school start times for middle and high school students be delayed to 8:30 am or later to adequately accommodate student sleep requirements.](#) (June 2019)

American Medical Association (AMA)

- [Encourages middle and high schools to start no earlier than 8:30 a.m. for adolescent wellness.](#) June 14, 2016. [[Policy Statement](#)]

American Psychological Association

- "While implementation may be complex, particularly when a change would bring a school's schedule out of sync with neighboring systems, [delaying school start times so that adolescents begin their instructional day later provides numerous benefits to the students and their broader community alike.](#)" (2014)

American Sleep Association

- [Middle school and high school should not start before 08:00. A time closer to 09:00 or later would be preferable.](#) February 7, 2016.

Massachusetts Medical Society

- [Resolution supports starting middle and high schools after 8:30 a.m.](#) December 5, 2015.

Massachusetts Interscholastic Athletic Association (MIAA)

- [Letter of Support for AAP Recommendation.](#) December 2016

Centers for Disease Control and Prevention (CDC)

- [Recommends that middle and high schools push back start times to 8:30 a.m. or later.](#) August 6, 2015.

American Thoracic Society

- [School start times should be delayed to align with physiological circadian propensity of this age group.](#) June 15, 2015.

Family Sleep Institute

- Supports later school start times for adolescents and [endorses the initiative and efforts of Start School Later.](#)

Healthy People 2020

- [Sleep Health Objective.](#) September 13, 2012.

(The Public Schools of Northborough and Southborough: School Start Time Task Force:
<https://www.nsboro.k12.ma.us/Page/1443>)

Presentations:

- Dr. Judith Owens, MD: “The ABCs of ZZZs” November 2, 2015
https://www.youtube.com/watch?v=SpCcAA2T75o&ab_channel=SouthboroughAccessMedia
- Wendy Troxel • TEDxManhattanBeach: Why school should start later for teens
https://www.ted.com/talks/wendy_troxel_why_school_should_start_later_for_teen?language=en

Websites:

Start School Later, Inc. <https://www.startschoollater.net/>

- **Start School Later Articles: Table of Contents**

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