Health Advisory: High School Start Times

In puberty a natural shift occurs in the timing of the body’s internal “circadian” clock, causing most teens to have a biological preference for a late-night bedtime. It is important that parents and local school boards work together to implement high school start times that allow teens to get the healthy sleep they need to meet their full potential.

*Adopted by the AASM Board of Directors:  Feb. 17, 2014*