



American Academy of Sleep Medicine

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

The American Academy of Sleep Medicine (AASM) is a professional membership society that improves sleep health and promotes high quality patient centered care through advocacy, education, strategic research, and practice standards (www.aasmnet.org).

A searchable directory of AASM accredited member sleep centers is available at www.sleepeducation.org.