



Later School Start Times are Essential for Adolescent Health and Wellbeing

Teens are biologically programmed to go to bed and wake-up later, and still require 8-10 hours of sleep for optimal health

Early school start times lead to chronic sleep restriction, negatively impacting physical and mental health, driving safety, and ability to learn.

Middle and High Schools should start no earlier than 8:30am to allow for adequate sleep time

Studies show that adequate sleep leads to healthier, happier and safer teens who perform better both in and out of the classroom.

Adequate Teen Sleep:

- Improves attendance, GPA and SAT scores, graduation rates
- Boosts health and safety with less childhood illness, obesity and diabetes, and fewer car crashes
- Improves mental health with less depression, anxiety, and suicide
- Decreases risky behaviors, including less substance use, less teen crime, and less risky sexual activity
- Enhances sports performance and safety

According to the CDC, nearly 80% of 9-12th graders report not getting 8 hours of sleep on school nights. A 2025 survey from the AASM reports that parents say that when their children don't get enough sleep, they are negatively impacted in mood (63%), attitude (49%), behavior (50%), physical energy (45%), and academic performance (34%).

Delaying school start times is worth the investment, with economic benefits outweighing the cost in all states within five years, many within two years, with exponential economic growth (Hafner et al. Sleep Health 2017).

ASK: Introduce Legislation to Delay Middle and High School Start Times to No Earlier than 8:30AM

Endorsed by the AMA and the medical and scientific community

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