

## RESOLUTION

**RESOLVED**, that NYSSBA supports any and all changes to state law, regulations and state policies that encourage and incentivize New York State school districts to address the health issue of sleep deprivation in teenagers by implementing later school start times that are developmentally-appropriate for middle school and high school students.

## RATIONALE

Sleep experts since 1993 have demonstrated that shifted circadian rhythms associated with puberty make it difficult, if not impossible, for many teenagers who have early school start times to fall asleep early enough at night to get sufficient sleep on school nights, resulting in sleep deprivation.

Sleep deprivation is a serious health issue for many teenagers. It has been shown to increase depression, anxiety, substance abuse, mood swings, behavioral problems, suicidal ideation, automobile accidents and sports injuries.

Numerous medical groups have issued statements on the benefits of later start times for adolescents. These include the American Academy of Pediatrics, American Medical Association, American Academy of Sleep Medicine, and the American Association of Child and Adolescent Psychiatry. In addition, the National Institute of Health, Center for Disease Control, National Association of School Nurses, Society of Pediatric Nurses and former US education Secretary Arne Duncan have urged later start times! The California state PTA has also taken a position in favor of later start times for teens.

The issue of sleep deprivation in teenagers and its negative affects on teen health has attracted the attention of numerous state legislatures as well as Congress. California, Maine, Maryland, Massachusetts, Nevada, New Jersey, and Rhode Island have had bills introduced regarding later school start times for adolescents. Representative Zoe Lofgren from California has introduced HB2245 which directs the Secretary of Education to study, report on and make recommendations relating to the "relationship between school start times and adolescent health, well-being and performance."

In 2016, Governor Larry Hogan signed the Orange Ribbon for Healthy School Hours bill which incentivizes school districts in Maryland to offer adolescents school start times that are developmentally appropriate.

In summary, scientific research has definitively shown that later school start times for teens has many positive benefits. Students' grades and test scores go up. Car accidents, drug use and sports injuries go down. Attendance improves. There is less sleeping in class, less student reported depression, fewer student visits to school counselors for behavioral and peer causes and more even temperament at home. The Brookings Institute in a recent Hamilton Project Report concluded that starting school later can be an immediate and inexpensive way to boost health, safety and achievement for all adolescent students.