

1                                   **CONCURRENT RESOLUTION ENCOURAGING**  
2                                   **CONSIDERATION OF A LATER SCHOOL DAY START FOR**  
3                                   **HIGH SCHOOL**

4                                   2017 GENERAL SESSION

5                                   STATE OF UTAH

6                                   **Chief Sponsor: Carol Spackman Moss**

7                                   Senate Sponsor: Howard A. Stephenson

---

---

9   **LONG TITLE**

10 **General Description:**

11                   This resolution encourages school districts and charter schools to consider possible  
12 benefits and consequences of a later start to the school day for high schools.

13 **Highlighted Provisions:**

14                   This resolution:

15                   ▶ encourages school districts and charter schools to consider possible benefits and  
16 consequences of a later start to the school day for high schools.

17 **Special Clauses:**

18                   None

---

---

20 *Be it resolved by the Legislature of the state of Utah, the Governor concurring therein:*

21                   WHEREAS, research indicates that as adolescence begins, the natural sleep-wake cycle  
22 in most teens resets, and sleepiness is delayed in the evening and wakefulness arrives later in  
23 the morning;

24                   WHEREAS, on average adolescents require 9.25 hours of sleep each night, but only  
25 10% of 15- to 17-year-olds meet this requirement on school nights;

26                   WHEREAS, the majority of adolescents are sleep deprived at school;

27                   WHEREAS, the National Sleep Foundation reports that weekly 28% of high school



28 students sleep at least once during class and 14% are tardy due to oversleeping;

29 WHEREAS, research identifies numerous consequences associated with sleep  
30 deprivation in teens, including lack of attention to learning tasks, poor retention of information  
31 taught, poor grades, increased risk of auto accidents, increased disciplinary problems, poor  
32 judgment, increased suicidal thinking, and other negative consequences;

33 WHEREAS, the Centers for Disease Control and Prevention suggest high schools start  
34 no earlier than 8:30 a.m.;

35 WHEREAS, high schools commonly begin the instructional day between 7 and 8 a.m.;

36 WHEREAS, research shows that benefits of a later start time in high schools include  
37 improved performance on assessments, improved attendance, higher grade point averages,  
38 fewer disciplinary referrals, and fewer auto accidents involving teens;

39 WHEREAS, the need to start the high school day later is a public health concern; and

40 WHEREAS, the Legislature recognizes local control and that Utah's school districts and  
41 charter schools are responsible for school schedules and start times:

42 NOW, THEREFORE, BE IT RESOLVED that the Legislature of the state of Utah, the  
43 Governor concurring therein, encourages school districts and charter schools to consider  
44 possible benefits and consequences of a later start to the school day for high schools.

45 BE IT FURTHER RESOLVED that a copy of this resolution be sent to the State Board  
46 of Education, the State Charter School Board, and each school district and charter school in  
47 Utah that serves students in grades 9 through 12.

---

---

**Legislative Review Note**  
**Office of Legislative Research and General Counsel**