

HCR 3

Facts about School Start Times

Compiled from StartSchoolLater.net

Presented by Kelly Baron, PhD, MPH, DBSM 02/03/2019

- The majority of American high school students (9 out of 10) did not meet the CDC's recommendation for 9-10 hours of sleep per night according to a study of four nationally representative successive samples of American high school students from 2007-2013.
- Shifts in the sleep-wake cycle at puberty mean most adolescents get their best sleep between 11 p.m. and 8 a.m.
- The American Academy of Pediatrics, Centers for Disease Control and Prevention, and American Medical Association all recommend middle and high schools start class no earlier than 8:30 a.m. to allow students to get healthy sleep.
- 20-30% of high school students fall asleep in school each day.
- More than half of licensed teens (56%) admit to having driven when feeling too tired to drive their best, and nearly one in 10 teens report that they have completely fallen asleep at the wheel. (SADD and Liberty Mutual Study, 2016)
- Insufficient sleep in teens is associated with obesity, migraines, and immune system disruption and with health risk behaviors including smoking, drinking, stimulant abuse, physical fighting, physical inactivity, depression, and suicidal tendencies
- An estimated 27% of all drowsy-driving-related car crashes involve 16 to 19-year-old drivers. (AAA Foundation, 2018).
- When schools have delayed the start of the school day, communities have seen reduced tardiness, sleeping in class, and car crash rates, as well as improved attendance, graduation rates, and standardized test scores.
- A major, multi-state study conducted by researchers at the University of Minnesota and the U.S. Centers for Disease Control and Prevention linked later high school start times to significant decreases in teen substance abuse, depression, and consumption of caffeinated drinks.
- When Jackson Hole High School in Wyoming shifted its start time to 8:55 a.m., the number of car crashes involving teenage drivers dropped by 70%.
- Switching middle school start times by 30 minutes or more to after 8 a.m. in Wake County, NC was associated with increased math and reading test scores, with disadvantaged students benefiting most.
- Bills to study, incentivize, or mandate healthy school start times have been introduced in at least 17 U.S. states--and so far, at least 5 of them have passed.
- RAND economists estimate delaying U.S. middle and high school start times to 8:30 a.m. would contribute \$8.6 billion dollars to the U.S. economy after just two years, \$83 billion after a decade, and \$140 billion after 15 years, with an average annual gain of \$9.3, far outweighing any costs of change.