

School Start Times Research

School Start Times for Adolescents

Policy Statement: American Academy of Pediatrics [Click Here](#)

Later start time for teens improves grades, mood, and safety

<http://www.kappanonline.org/later-start-time-for-teens/>

School Start Times, Sleep, Behavioral, Health, and Academic Outcomes: a Review of the Literature

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4824552/>

Research Brief: School Start Times and Adolescent Students

<https://www.svsd410.org/cms/lib/WA01919490/Centricity/Domain/1089/Hanover%20Research%20SVSD%20School%20Start%20Times%20Research%20Brief.pdf>

Research Shows Early School Start Times Are Bad for Kids' Health

<https://www.healthline.com/health-news/early-school-start-times-bad-for-kids-health>

Parents divided about school start times for teens

<http://aapnews.aappublications.org/content/36/8/2.1>

American Academy of Pediatrics recommends middle and high schools delay the start of class to 8:30 a.m. or later.

[American Academy of Pediatrics, August 2014](#)

The combination of delayed bedtimes and early school start times results in inadequate sleep for a large portion of the adolescent population.

[Centers for Disease Control, August 2015](#)

Recommendations regarding the process involved in changing school start times as an impetus for school districts across the country take this step. Mind, Brain and Education, December 2014

["School Start Time Change: An In-Depth Examination of School Districts in the United States"](#)

The Journal of School Health issued a call to action to a call to action for the implementation of American Academy of Pediatrics/Centers for Disease Control and recommendations across the U.S. Journal of School Health, July 2016

[Setting Adolescents Up for Success: Promoting a Policy to Delay High School Start Times](#)

Effects of school start time on students' sleep duration, daytime sleepiness, and attendance: a meta-analysis. [Click Here](#)