

Some Research Links

Sleep & School Start Times

California [passes law](#) to require all secondary schools to start later.

[Research Brief](#) for journal article below:

High school students' feelings: Discoveries from a large national survey and an experience sampling study <https://www.sciencedirect.com/science/article/abs/pii/S0959475218304444#!>

Jack S Peltz, Ronald D Rogge, Heidi Connolly, Parents still matter: the influence of parental enforcement of bedtime on adolescents' depressive symptoms, *Sleep*, , zsz287, <https://doi.org/10.1093/sleep/zsz287>

[Article](#) prepared by Dr. Max Van Gilder, NYS Coordinator for [Start School Later](#), October 2019

August 2019 *Washington Post* [article](#): "What's a 'normal' bedtime for a 5-year old?"
[Bedtime Routines for School-Aged Children](#), from healthychildren.org

12/12/2018 [Article](#) from NPR on Seattle public schools start time change.

[Study](#) that NPR article summarizes.

[Interview](#) of the study research lead

2/9/2019 *Washington Post* [Article](#), "At these schools, later start times get an A-plus for youths needing more sleep"

[Post](#) from parenting website, "Grown&Flown"

Elementary students and start times-- [WGBH story](#) about one district (2018)

Minneapolis Public Schools [Study](#) about elementary start times (1998)

[Journal Report from National Sleep Foundation](#): School start time changes and sleep patterns in elementary school students

American Academy of Pediatrics adolescent sleep [report](#), and general sleep [recommendations](#)

National Sleep Foundation [recommendations](#)

NYSSBA [Position Statement](#) (Scroll to VII.4)

[Research Brief](#) from Hanover Research

[TED talk](#) by Sleep Researcher, Wendy Troxel

National Organization: [StartSchoolLater](#), and [their video](#) from the National Conference on Adolescent Sleep

- 1) <http://time.com/4741147/school-start-time/>
- 2) <https://www.sciencedaily.com/releases/2017/01/170123115558.htm>
- 3) <https://sleepfoundation.org/sleep-news/background-earlier-later-school-start-times>
- 4) <https://www.rand.org/blog/2017/09/the-early-bird-catches-the-worm-probably-not-says-science.html>
- 5) <https://www.nytimes.com/2017/05/22/well/family/the-science-of-adolescent-sleep.html>
- 6) <https://www.cdc.gov/features/school-start-times/index.html>
- 7) https://edexcellence.net/articles/delaying-school-start-times-you-snooze-you-win?utm_source=Fordham+Updates&utm_campaign=d4153a4a17-EMAIL_CAMPAIGN_2017_10_25&utm_medium=email&utm_term=0_d9e8246adf-d4153a4a17-71573573&mc_cid=d4153a4a17&mc_eid=2e367e2911
- 8) <http://www.kaplanonline.org/earlier-start-time-for-teens/>
- 9) https://www.ted.com/talks/wendy_troxel_why_school_should_start_later_for_teens
Her bio: https://www.ted.com/speakers/wendy_troxel
- 10) http://www.startsschoollater.net/uploads/9/7/9/6/9796500/aasm_position_statement_on_delaying_school_start_times.pdf
- 11) Park City, Utah school district: <http://www.pcschools.us/index.php?page=392.1>
- 12) Videos? <https://www.schoolstarttimeconference.org/>
- 13) [Healthy sleep habits for elementary students](#) with a guideline chart, along with the [controversy that the chart caused](#).

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<https://www.psychologytoday.com/us/blog/child-sleep-zzzs/201702/earlier-school-start-times-elementary-school-students>

15)

[Study of 9,000 secondary students](#)