

## 11.21 Alignment of Sleep Requirements for Optimum Health With School Start Times

*Resolution passed 2012*

**Whereas**, Washington State PTA supports legislation in the areas of children’s health, safety, well-being, and education, and this resolution supports an important health and safety issue for children attending public school: start times that ensure enough sleep for health requirements; and

**Whereas**, “Adolescents today face a widespread chronic health problem: sleep deprivation. Although society often views sleep as a luxury that ambitious or active people cannot afford, research shows that getting enough sleep is a biological necessity, as important to good health as eating well or exercising. Teens are among those least likely to get enough sleep; while they need on average 9 1/4 hours of sleep per night for optimal performance, health and brain development, teens average fewer than 7 hours per school night” (National Sleep Foundation); and

**Whereas**, the latest research shows that teens worldwide have natural sleep rhythms that make them unable to go to sleep before 11 p.m. and that they need an average of 9-10 hours of sleep, yet most high schools start early in the morning. In addition, the student must get ready for and find transportation to school, so simple math shows there is not enough time available for adequate sleep; and

**Whereas**, schools are looking for solutions to poor academic performance, poor attendance, students falling asleep in class, and problems with student depression and aggression, yet studies show that simply getting adequate sleep will positively impact all these problems; and

**Whereas**, studies show adolescents get an inadequate amount of sleep due to early start times, increasing teen driver accident rates; and

**Whereas**, some school districts have responded to the research and changed their start times. “Since the discussion on school start times began more than a decade ago, not a single district that has made the change has decided to change back.” (LA Times 8/23/2010, School Start Times and ZZZ’s to A’s)

**Therefore, be it**

**Resolved**, Washington State PTA will encourage and support school start times that meet the optimum health requirements for sleep needs.