

High School PTO Information on Healthy Sleep

The administration attended the high school PTO meeting this evening and heard concerns about the communication of the positive aspects of later start times for high school students.

In an effort to clearly communicate these positive benefits, we are sharing the PTO's handout about the healthy aspects of a later start time.

As noted in the fact sheet sent earlier today, the survey is for exploring the possibility of later start times for high school students, and no decision has been made.

HEALTHY SLEEP FOR ADOLESCENTS SUMMARY OF KEY RESEARCH FINDINGS

- More than two-thirds of U.S. teens do not get the medically recommended 9 hours of sleep on school nights.
- Natural sleep rhythms change as children grow into adolescence, with melatonin production shifting to after 11 p.m. and the teen brain not fully awake until between 8-10 a.m.
- The American Academy of Pediatrics, the CDC, the American Psychological Association, and numerous others all agree that inadequate sleep imperils adolescents by heightening risks to their health, safety and well-being.
- The duration of sleep is positively correlated with academic outcomes.
- Education of stakeholders and establishment of school policies which support healthy sleep habits are an effective means of addressing problems that result from sleep deprivation.
- Performance issues resulting from poor sleep include absenteeism, tardiness and inattentiveness.
- Health and safety risks resulting from sleep deprivation include increased propensity for car crashes, depression, suicide, harmful behaviors including sexual activity; and increased risk for obesity, cardiovascular disease, metabolic dysfunction and other physical health problems in adulthood.
- Early school start times are a key but modifiable contributor to insufficient sleep for adolescents.
- Secondary school start time of 8:30 a.m. or later affords students the opportunity to obtain optimal levels of sleep, thereby improving physical and mental health, safety, academic performance, and quality of life.