

# BIBLIOGRAPHY and USEFUL LINKS

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**[Blueprint for Change:](#)**

<http://www.startschoolater.net/uploads/9/7/9/6/9796500/blueprint-change-school-start-time-change-reportfinal4-14-14.pdf>

**Start School Later website:** <http://www.startschoolater.net/>

**Start School Later Reference List:**

<http://startschoolater.pbworks.com/w/page/58217472/Start%20School%20Later%20Reference%20List>

**Summary of the research with links to primary sources:** <https://schoolstarttime.org/>

**Determine Civil Twilight for your district for one year (on the pull-down menu, under “Type of table” pull down “civil twilight” – This is when there is enough light to be seen at the bus stop (daylight bus stops):** [http://aa.usno.navy.mil/data/docs/RS\\_OneYear.php](http://aa.usno.navy.mil/data/docs/RS_OneYear.php)

**Ohio Adolescent Health Partnership:** <http://www.ohioadolescenthealth.org/sleep-resources.html>

**Homework and scheduling tool:**

Students developed this schedule simulator to help other students when they are choosing classes and extra-curricular activities. Students were surveyed to find out how long homework actually takes in each of the classes. Teachers teaching the same course who had greatly different average homework results from the student survey are talking about why they had different results:

<http://www2.fcps.edu/woodsonhs/academics/schedulesim/Homepage.html>