



ADOLESCENT SLEEP, HEALTH,
AND SCHOOL START TIMES
THE NATIONAL CONFERENCE

Perspectives from the Trenches

Terra Ziporyn Snider, PhD
Executive Director and Co-Founder
Start School Later, Inc.

What's Blocking Change?

- Fear of change (including status quo bias)
- Failure of imagination (flip side=provincialism)
- Ignorance about sleep



Political Will

- **School communities that have prioritized health and learning have found creative, affordable ways to run schools at safe, healthy hours**
- **Where there's a will, there's a way**



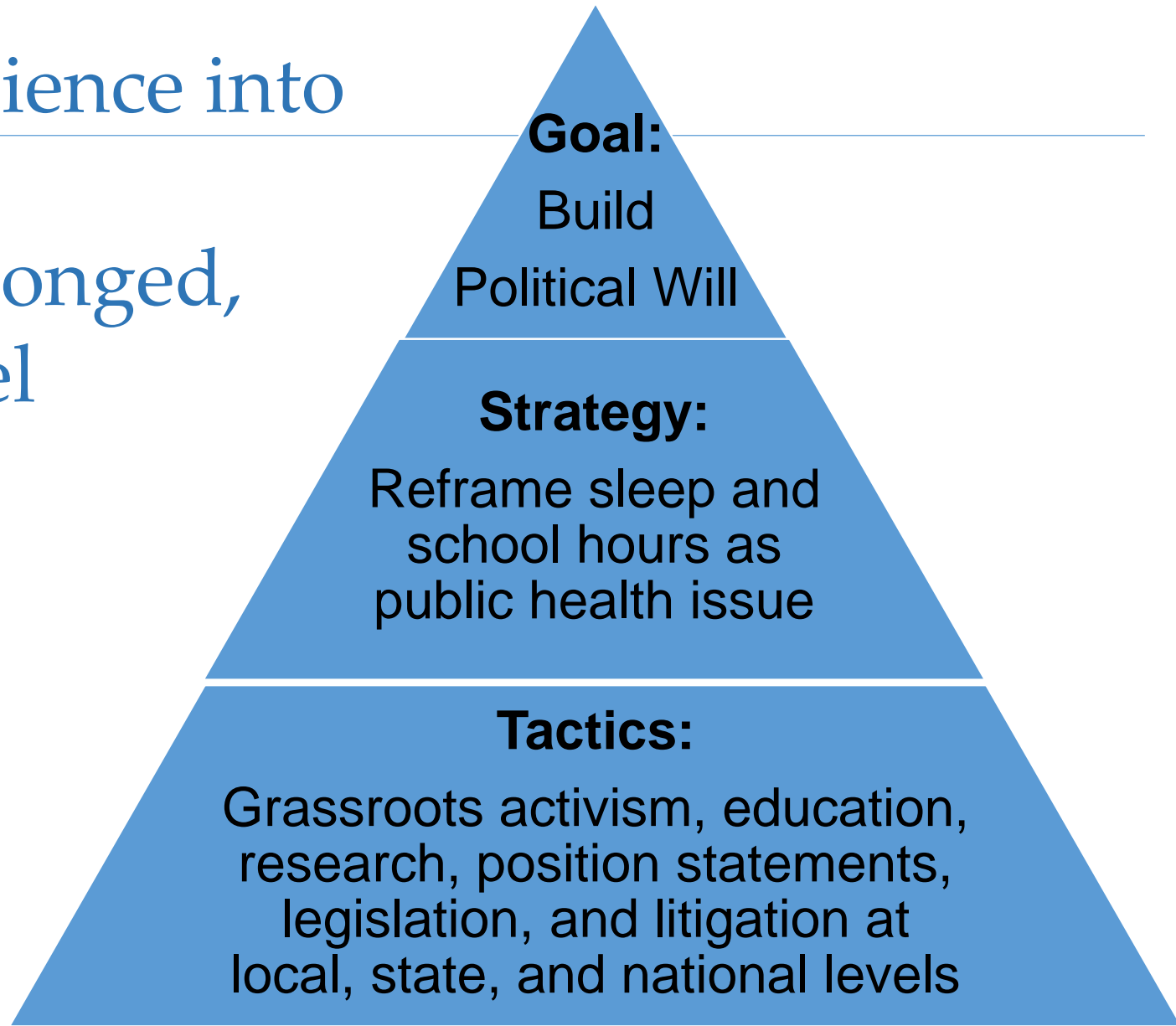
The Three Stages of Truth

“All truth passes through three stages. First, it is ridiculed. Second, it is violently opposed. Third, it is accepted as being self-evident.”

--Arthur Schopenhauer



Turning Science into Policy: A Multi-pronged, Multi-Level Approach



Education and Advocacy





**ADOLESCENT SLEEP, HEALTH,
AND SCHOOL START TIMES**
THE NATIONAL CONFERENCE

An Interactive Conference
Bringing Together:

- Education Policy Makers
- Leading Sleep Experts
- Administrators/Teachers/Staff
- Health Care Professionals
- Community Advocates
- Transportation Experts

**Networking, State-of-the-Science,
Implementation Strategies**

REGISTER NOW!
Space is Limited

WASHINGTON DC
APRIL 27-28, 2017

FOR MORE INFORMATION VISIT:
www.schoolstarttimeconference.org

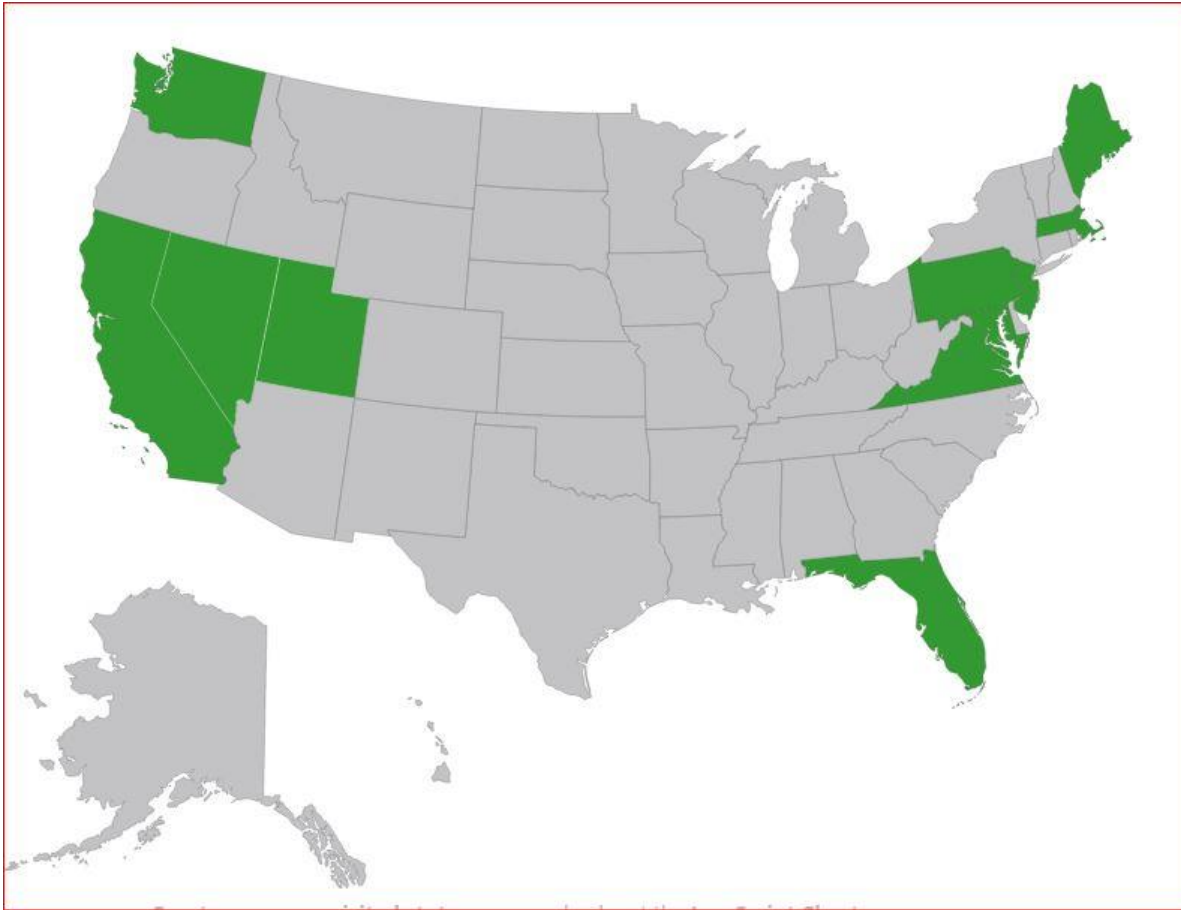
SPONSORED BY:

RAND Corporation, Yale Dept. of Pediatrics,
Robert Wood Johnson Foundation, Start School Later Inc.



**ADOLESCENT SLEEP, HEALTH,
AND SCHOOL START TIMES**
THE NATIONAL CONFERENCE

SST Legislation Introduced in 11 US States



- California
- Florida
- Maine
- Massachusetts
- Maryland**
- Nevada
- New Jersey*
- Pennsylvania
- Utah
- Virginia
- Washington

*=Bills passed



Position Statements and Resolutions

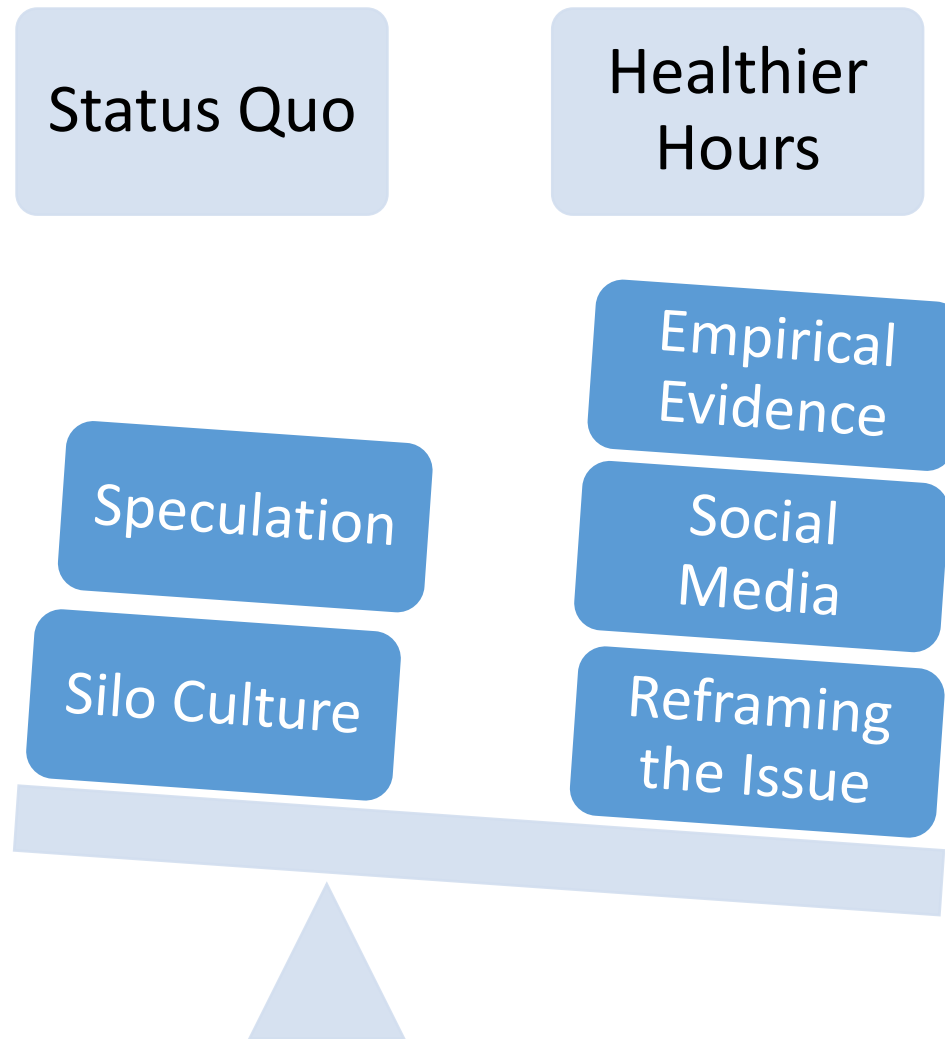
Health, education, civic organizations and government agencies and officials that have made public statements about sleep and school start times (SAMPLE)

- American Academy of Child and Adolescent Psychiatry
- American Academy of Pediatrics
- American Academy of Sleep Medicine
- American Foundation for Suicide Prevention
- American Medical Association
- Arne Duncan, US Secretary of Education (2013)
- Association of School Psychologists of PA
- Centers for Disease Control and Prevention
- Connecticut Interscholastic Athletic Conference
- Education Commission of the States
- League of Women Voters, Tarrant County, TX
- Massachusetts Medical Society
- National Association of School Nurses
- National Association of Social Workers – Ohio Chapter
- National Education Association
- National Sleep Foundation
- Seattle Education Association
- Society of Pediatric Nurses
- Virginia PTA

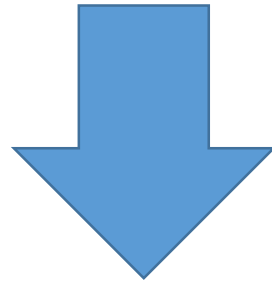
For a more complete list, see www.startschoolater.net/position-statements.html



A Tipping Point?



SHOULD WE DO IT?



HOW DO WE DO IT?

