

SLEEP

- Start
- Later for
- Excellence in
- Education
- Proposal





THE ROLE OF SLEEP IN THE LIFE OF A TEEN

Teens experience a biological shift to a later sleep-wake cycle

The biological clock of children shifts during adolescence.

- Most teens fall asleep around 11 p.m.
- Melatonin, the sleep hormone, is in their bodies until about 8 a.m.

This “delayed phase syndrome” conflicts with early school start times.



Teens are chronically sleep-deprived


- Teens need 9 ¼ hours of sleep.
- Only 15 % get enough sleep.



Consequences of Sleep Deprivation

 **Cognitive, social and behavioral performance.**

 **School performance.**

 **Ability to concentrate, pay attention, problem-solve, remember and control moods.**

Consequences of Sleep-Deprivation

Sleep-deprived people are:

- **Cranky and irritable.**
- **Impulsive, hyperactive, depressed and possibly violent.**
- **More likely to abuse alcohol and drugs.**
- **At risk for accidents and injuries.**



Sleep debt can impair metabolism and disrupt hormone levels. Sleep debt can contribute to obesity.

Overall, daytime sleepiness reduces enjoyment and quality of life.

Sleep-Friendly Schools

- **Many schools across the country are establishing later start times**
- **Several studies show the positive outcomes of “sleep-friendly” school start time policies.**

Benefits of Later Start Times

Sleep increased one hour per school night

- Grades improved**
- Student behavior improved**
- Students are more alert in class**
- Parents report more “connect time” with teens**
- 92 percent of parents are happy one year after the change**

Benefits of Later Start Times

Decrease in:

- **Car accidents**
- **Depression**
- **Drop-out rate**
- **Clinic visits**
- **Daytime sleepiness**
- **days absent**
- **days late**
- **Appointments w/
counselors**

Focal Issue: SCHOOL START TIMES

- **FCPS high school and middle school start times are too early.**





5:48

1998 Task Force Concluded:

Later secondary school start times benefit teens:

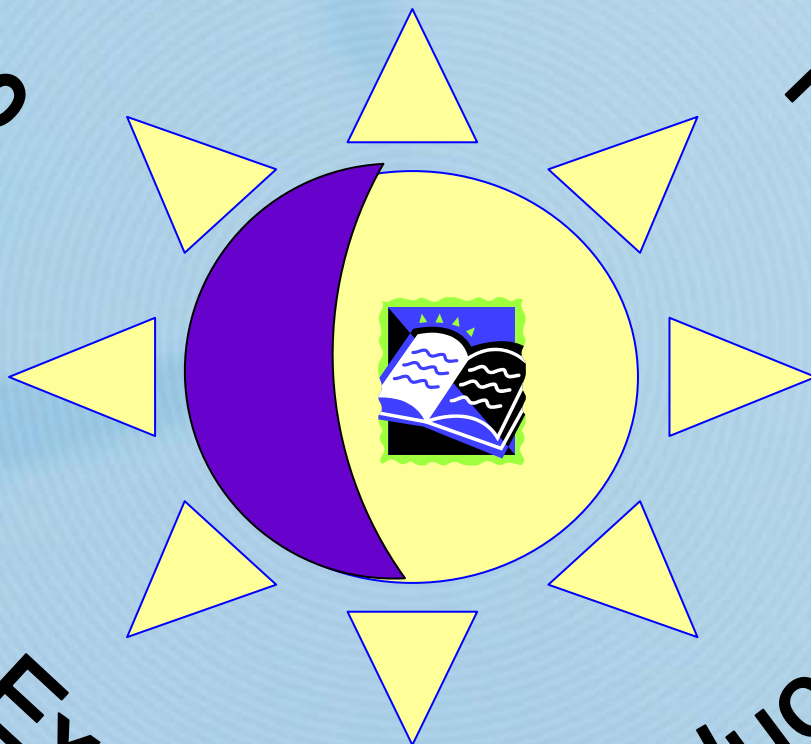
- 1. Improve academic performance.**
- 2. Reduce unsupervised after-school time for teens, lessening dangerous and criminal behavior**
- 3. Decrease teen car crashes due to lack of sleep**
- 4. Improve moods and relationships**

1998 Task Force (cont'd)

- Sleep deprivation is having a negative impact on learning in Fairfax County.
- "Later high school and middle school bell times . . . can produce results of benefit to the entire community."
- No consensus on how to adjust the bell schedules.

SLEEP

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Why change the bell schedule?

- Academic Achievement
- Health
- Safety
- Quality of Life



SLEEP Organization

- **Pyramid coordinator for each high school**
- **Student coordinators at some schools**
- **Email distribution list**

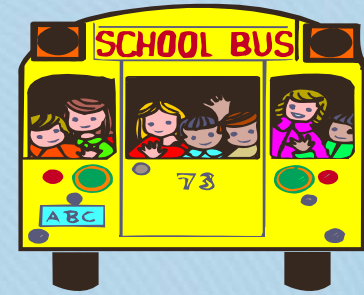
Coalition Building

- **Work with stakeholders**
- **Develop reasonable solutions.**
 - **PTAs**
 - **Student Advisory Council**
 - **Principals and teachers**
 - **Counselors and nurses**
 - **School Board**
 - **County Supervisors**
 - **Coaches**
 - **Pediatricians**
 - **Bus drivers and transportation dept.**

www.SLEEPinFAIRFAX.org

- **Sign a petition**
- **Read facts (Eng/Span)**
- **Link to research**
- **Find answers to FAQ**
- **Download materials for volunteers from the “How To Help” page**
- **Read anecdotes from parents and students**

Issues To Address



Maintain:

- Reasonable elementary start times.
- Affordable bus schedules.
- Appropriate extra-curricular schedules.
- After-school care for elementary school students.

Support for Later Times

- **Surveys**
- **FCCPTA position paper**
- **FCPS Student Advisory Council**
- **School Board Members: Kaye Kory, Stu Gibson, Steve Hunt, Dan Storck, Brad Center, Janet Oleszek.**
- **National Sleep Foundation**

Other Local Start Times Are Later

- **Alexandria 8:15 – 9:15 AM**
- **Loudoun County 8:20-8:50 AM**
- **Arlington County High Schools
8:19 AM**

What You Can Do

- Visit our website
www.SLEEPinFAIRFAX.org
- Sign the petition
- Sign up to receive emails
- Write to School Board members
- Write to Dr. Dale
- Volunteer to help

SLEEP Contacts:

- Sandy Evans
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- Phyllis Payne, MPH
dpayne6@cox.net
- To find your high school's
Pyramid Coordinator, visit
www.sleepinfairfax.org