

**Later Start For Students**  
**Annotated Bibliography Prepared For MSAD#17 Board of Directors**  
**June, 2019**

Carroll, Aaron E. "Schools Are Slow to Learn That Sleep Deprivation Hits Teenagers Hardest."

The New York Times, The New York Times, 28 Mar. 2016,

[www.nytimes.com/2016/03/29/upshot/schools-are-slow-to-learn-that-sleep-deprivation-hits-teenagers-hardest.html](http://www.nytimes.com/2016/03/29/upshot/schools-are-slow-to-learn-that-sleep-deprivation-hits-teenagers-hardest.html). This op-ed piece, written by a pediatrician, discusses the problem with early start times and how much sleep teenagers need.

Fattal, Isabel. "Why Are Parents Afraid of Later School Start Times?" The Atlantic, Atlantic

Media Company, 14 Nov. 2017,

[www.theatlantic.com/education/archive/2017/11/why-are-parents-afraid-of-later-school-start-times/545642/](http://www.theatlantic.com/education/archive/2017/11/why-are-parents-afraid-of-later-school-start-times/545642/). A new paper argues that using behavioral economics to ease families' fear of change could help convince them to switch up their children's routines.

Group, Adolescent Sleep Working, et al. "School Start Times for Adolescents." Pediatrics,

American Academy of Pediatrics, 1 Sept. 2014,

<https://pediatrics.aappublications.org/content/134/3/642>. The article, from the AAP, describes problem with early start times for teenagers. It describes several studies that show that starting school later has positive outcomes for teenagers.

Hayley Glatter, Emily DeRuy. "What America Gets Wrong About the School Calendar." The

Atlantic, Atlantic Media Company, 16 Oct. 2017,

[www.theatlantic.com/education/archive/2016/08/education-eden-the-calendar/497687/](http://www.theatlantic.com/education/archive/2016/08/education-eden-the-calendar/497687/).

This article discusses late start times and the typical yearly school calendar.

Lahey, Jessica. "Students Aren't Getting Enough Sleep-School Starts Too Early." The Atlantic,

Atlantic Media Company, 26 Aug. 2014,

[www.theatlantic.com/education/archive/2014/08/surprise-students-arent-getting-enough-sleep/379020/](http://www.theatlantic.com/education/archive/2014/08/surprise-students-arent-getting-enough-sleep/379020/). A new report from the American Academy of Pediatrics says delaying the day may help teens get more rest.

Neighmond, Patti. "Sleepless No More In Seattle - Later School Start Time Pays Off For Teens." NPR, NPR, 12 Dec. 2018,

[www.npr.org/sections/health-shots/2018/12/12/676118782/sleepless-no-more-in-seattle-later-school-start-time-pays-off-for-teens](http://www.npr.org/sections/health-shots/2018/12/12/676118782/sleepless-no-more-in-seattle-later-school-start-time-pays-off-for-teens). The Seattle school district made the shift to starting middle schools at 8:45. Researchers from the University of Washington found that students got more sleep on average as a result of this change.

Pinsker, Joe. "The Curse of America's Illogical School-Day Schedule." The Atlantic, Atlantic Media Company, 20 Sept. 2018,

[www.theatlantic.com/education/archive/2018/09/school-day-sleep-workday/570658/](http://www.theatlantic.com/education/archive/2018/09/school-day-sleep-workday/570658/). This article discusses how the current school schedule is not good for teenagers or parents and digs into potential problems and solutions with starting later, such as athletics.

Putterman, Alex. "How School Start Times Affect High-School Athletics." The Atlantic, Atlantic Media Company, 6 Nov. 2017,

[www.theatlantic.com/education/archive/2017/04/how-school-start-times-affect-high-school-athletics/522537/](http://www.theatlantic.com/education/archive/2017/04/how-school-start-times-affect-high-school-athletics/522537/). Catching more sleep could help student-athletes catch more touchdowns, but some still argue sports schedules are a reason against moving back the first bell.

Richmond, Emily. "Why Does the School Day Start So Early?" The Atlantic, Atlantic Media Company, 17 Aug. 2015,

[www.theatlantic.com/education/archive/2015/08/why-school-should-start-later/401489/](http://www.theatlantic.com/education/archive/2015/08/why-school-should-start-later/401489/).

According to the CDC early class times are taking a toll on adolescents' health and academic performance. The article describes the various studies that led the CDC to that conclusion.

"School Start Time And Sleep." National Sleep Foundation,

[www.sleepfoundation.org/articles/school-start-time-and-sleep](http://www.sleepfoundation.org/articles/school-start-time-and-sleep). The National Sleep

Foundation recommends that adolescents get 8-10 hours of sleep each night. The article discusses the advantages of a later start for teenagers.

"Schools Start Too Early | Features | CDC." Centers for Disease Control and Prevention,

Centers for Disease Control and Prevention, 30 July 2018,

[www.cdc.gov/features/school-start-times/index.html](http://www.cdc.gov/features/school-start-times/index.html). The CDC weighs in on the reasons

school should start later, including the impacts of too little sleep on adolescents.

