

## Annotated Reading List on Sleep and School Start Times

The purpose of this document is to pull together some of the material on adolescent sleep and the impact of school start times on student sleep and daytime functioning. As the process continues, I will try to update this information with new material.

Fairfax Public Schools conducted an extensive study on school start times and posted their findings on their website. <http://www.fcps.edu/news/starttimes.shtml>

Here is a great synopsis of a lot of the current research provided by a research organization called Hanover for the Shorewood Schools in Wisconsin. Great information here:  
[http://www.shorewoodschoools.org/uploaded/Family\\_Resources/general/Impact\\_of\\_School\\_Start\\_Time.pdf](http://www.shorewoodschoools.org/uploaded/Family_Resources/general/Impact_of_School_Start_Time.pdf)

Here is the American Academy of Pediatrics statement recommending later school start times for adolescents:  
<http://www.aap.org/en-us/about-the-aap/aap-press-room/Pages/Let-Them-Sleep-AAP-Recommends-Delaying-Start-Times-of-Middle-and-High-Schools-to-Combat-Teen-Sleep-Deprivation.aspx>

Here are a couple of recent articles linked through the National Sleep Foundation that provide less technical translations of some research pieces:

Lack of sleep correlates with risky behaviors in adolescents  
<http://sleepfoundation.org/sleep-news/insufficient-sleep-among-high-school-students-associated-variety-health-risk-behaviors>

A persuasive piece on later school start times, which cites some studies – I will check in to the methodology and results of these studies and some others that are cited in some of the work I’ve read on the nature of the brain  
<http://sleepfoundation.org/sleep-news/background-earlier-later-school-start-times>

Here is a scholarly article on the effect of lack of sleep on adolescents – “Sleep Schedules and Daytime Functioning in Adolescents”

Permanent Link:

<http://links.jstor.org/sici?sici=0009-3920%28199808%2969%3A4%3C875%3ASSADFI%3E2.0.CO%3B2-5>

(this may require a subscription to JSTOR)

Temporary Link that bypasses subscription:

[http://www.sleepforscience.org/stuff/contentmgr/files/73fcbc8090d3aca81567db2c113cf0e8/pdf/wolfson\\_carskadon1998.pdf](http://www.sleepforscience.org/stuff/contentmgr/files/73fcbc8090d3aca81567db2c113cf0e8/pdf/wolfson_carskadon1998.pdf)

For those interested in learning that is more compatible with what we know about the brain, I highly recommend the author Eric Jensen, whose book *Brain-Based Learning* is an excellent resource for teachers and parents interested in aligning curriculum and practice with what we have learned about the brain.

Two useful articles from National Geographic Magazine giving some information on the brain and learning from a less technical perspective:

This article looks at the emerging science of the brain:

<http://ngm-beta.nationalgeographic.com/2014/02/articles/secrets-of-the-brain/>

The second article is from a few years ago, so it's not quite as current, but it deals specifically with the teenage brain, explaining the extensive rewiring and mapping that occurs in adolescence and is put at risk by too little sleep during this phase of young people's lives.

<http://ngm-beta.nationalgeographic.com/archive/beautiful-teenage-brains/>

Here is a newspaper article from the Wall Street Journal that gives a brief overview of the later school start time movement:

<http://online.wsj.com/articles/more-schools-consider-later-start-times-for-teenagers-1409009295>