

RESOLUTION

(Adopted by the 2002 Convention delegates)

Later Start Times For Secondary Students

- Whereas** sleep is, in essence, food for the brain and a basic drive of nature that helps us think more clearly, complete complex tasks better and more consistently and enjoy every day life more fully; and
- Whereas** adolescents require at least as much sleep as they did as pre-adolescents, in general 8.5 - 9.25 hours each night; and
- Whereas** adolescents' sleep patterns undergo a phase delay, a tendency toward later times for both sleeping and waking with the typical high school student's natural time to fall asleep set at 11 :00 p.m. or later; and
- Whereas** many U.S. adolescents do not get enough sleep during the week with 85 percent of adolescents reporting sleeping less than 8.5 or more hours on school nights and 26 percent reported sleeping less than 6.5 hours each school night; and
- Whereas** drowsiness or fatigue has been identified as a principal cause in at least 100,000 police-reported traffic crashes each year, killing more than 1,500 Americans and injuring another 71,000, and young drivers age 25 or under cause more than one-half of fall-asleep crashes; and
- Whereas** insufficient sleep in teens and young adults is linked to increased risk of unintentional injuries and death, low grades and poor school performance, negative moods and the increased likelihood of stimulant use including caffeine, nicotine, alcohol and similar substances; and
- Whereas** teens who are heavily involved in school and community activities, their jobs and other responsibilities appear to be at greater risk for these sleep effects of sleepiness; and
- Whereas** studies on high schools that have changed to later start times show increased student attendance, decreased tardiness, and teachers have observed more alert students during the first two school periods; now therefore be it
- Resolved** that Colorado PTA support school schedules and related activities that accommodate adolescents' sleep needs and behaviors and circadian rhythm at this developmental stage and be it further
- Resolved** that Colorado PTA educate teachers, school health providers, other school personnel, and parents about adolescent sleep needs and patterns, about the signs of sleep loss and other sleep or alertness difficulties and be it further

Resolved that Colorado PTA encourage the integration of sleep-related education in curricula and driver education courses so that students can learn about the physiology and benefits of sleep and the consequences of sleep deprivation and its effect on driving ability and be it further

Resolved that Colorado PTA support state and federal legislation which supports 9 a.m. or later start times for secondary students and appropriations to help defray the school or school district's costs of changing school schedules