

108TH CONGRESS  
1ST SESSION

# H. CON. RES. 135

Expressing the sense of Congress that secondary schools should begin classes no earlier than 8:30 in the morning.

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IN THE HOUSE OF REPRESENTATIVES

APRIL 2, 2003

Ms. LOFGREN submitted the following concurrent resolution; which was referred to the Committee on Education and the Workforce

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## CONCURRENT RESOLUTION

Expressing the sense of Congress that secondary schools should begin classes no earlier than 8:30 in the morning.

Whereas according to the National Sleep Foundation, sleep needs vary: children of ages 5 to 12 require 9 to 11 hours a day, while adolescents of ages 12 to 18 require 8.5 to 9.5 hours a day;

Whereas research has demonstrated that adolescents do not get enough sleep and report difficulty awaking for school, falling asleep at school, and struggling to stay awake while doing homework;

Whereas scientific evidence shows that sleep deprivation can result in serious consequences for the health, safety, social behavior, and academic achievement of adolescents;

Whereas inadequate sleep in adolescents may lead to excessive daytime sleepiness, especially in the morning, and interferes with a teenager's ability to pay attention, learn in school, and perform well in after-school activities;

Whereas a recent study by the University of Minnesota demonstrates that pushing back school start times improves attendance and enrollment rates, increases daytime alertness, and decreases student-reported depression;

Whereas adolescents who do not experience sleep deprivation report higher grades, less depression, and fewer at-risk behaviors for dropping out of school;

Whereas children and adolescents need a good night of sleep on a regular basis for their health, safety, and best performance in school and other activities; and

Whereas by encouraging schools to push back their start times and allow adolescents to get enough sleep, we provide them with the opportunity to function normally, achieve in school, and be their best: Now therefore, be it

1        *Resolved by the House of Representatives (the Senate*  
 2 *concurring)*, That it is the sense of Congress that sec-  
 3 ondary schools should begin classes no earlier than 8:30  
 4 in the morning.

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