

117TH CONGRESS  
2D SESSION

# H. R. 8787

To direct the Secretary of Education to conduct a study to determine the relationship between school start times and adolescent health, well-being, and performance.

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## IN THE HOUSE OF REPRESENTATIVES

SEPTEMBER 9, 2022

Ms. LOFGREN introduced the following bill; which was referred to the  
Committee on Education and Labor

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## A BILL

To direct the Secretary of Education to conduct a study to determine the relationship between school start times and adolescent health, well-being, and performance.

1       *Be it enacted by the Senate and House of Representa-*  
2       *tives of the United States of America in Congress assembled,*

3       **SECTION 1. SHORT TITLE.**

4       This Act may be cited as the “ZZZ’s to A’s Act”.

5       **SEC. 2. FINDINGS.**

6       Congress finds the following:

7               (1) The Secretary of Education has not for-  
8       mally issued policy guidance on school start times.

1           (2) The American Academy of Sleep Medicine  
2 recommends 8 to 10 hours of sleep per day for teen-  
3 agers aged 13 to 18 years, but early school start  
4 times are contributing to lack of sleep among adoles-  
5 cents.

6           (3) Despite the shift in biological rhythms dur-  
7 ing puberty, which causes adolescents to sleep later  
8 at night and wake later in the morning, 82 percent  
9 of public high schools and 79 percent of public mid-  
10 dle schools in the United States started before 8:30  
11 a.m. in the 2017–2018 school year.

12           (4) The State of California became the first  
13 State to enact a law to move back school start times  
14 beginning in the 2022–2023 school year.

15           (5) Numerous local educational agencies across  
16 46 States have also recently changed or are consid-  
17 ering changing school start times in an effort to im-  
18 prove adolescent health, well-being, and perform-  
19 ance.

20           (6) The American Academy of Pediatrics has  
21 strongly supported efforts to optimize sleep in stu-  
22 dents by delaying school start times since 2014.

23           (7) Later school start times are associated  
24 with—

1 (A) improvements in academic perform-  
2 ance, including attendance rates, grade point  
3 averages, and test scores;

4 (B) improvements in mental and physical  
5 health, including reduced risk of depression and  
6 obesity; and

7 (C) improvements in public safety, includ-  
8 ing reduced risk of automobile accidents.

9 (8) A universal delay in school start times  
10 would be a cost-effective policy measure.

11 (9) The mission of the Department of Edu-  
12 cation is to promote student achievement and prepa-  
13 ration for global competitiveness by fostering edu-  
14 cational excellence and ensuring equal access.

15 **SEC. 3. STUDY AND REPORT.**

16 Not later than 18 months after the date of the enact-  
17 ment of this Act, the Secretary of Education shall—

18 (1) conduct a study, directly or through the  
19 award of a grant or contract, to examine the rela-  
20 tionship between school start times and adolescent  
21 health, well-being, and performance that—

22 (A) provides a comprehensive review of the  
23 scientific evidence relating to school start times  
24 and adolescent health, well-being, and perform-  
25 ance;

1 (B) compares adolescent health, well-being,  
2 and performance among local educational agen-  
3 cies with different school start times; and

4 (C) evaluates factors that contribute to or  
5 affect school start times; and

6 (2) submit to Congress a report that de-  
7 scribes—

8 (A) the findings of the study; and

9 (B) any recommendations of the Secretary  
10 based on such findings.

11 **SEC. 4. DEFINITIONS.**

12 In this Act:

13 (1) LOCAL EDUCATIONAL AGENCY.—The term  
14 “local educational agency” has the meaning given  
15 the term in section 8101 of the Elementary and Sec-  
16 ondary Education Act of 1965 (20 U.S.C. 7801).

17 (2) PERFORMANCE.—The term “performance”  
18 means a measurement of how well an individual  
19 achieves a desired task, and may include academic  
20 performance and cognitive performance.

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