

One Hundred Eighth Congress of the United States of America

AT THE FIRST SESSION

H. Res. 1,000,001

Providing for starting the school day at 11 am for middle school and high school students, as studies indicate this schedule is more appropriate for adolescents' sleep needs and educational development.

IN THE UNITED STATES HOUSE OF REPRESENTATIVES
APRIL 24, 2003

RESOLUTION

Providing for starting the school day at 11 am for middle school and high school students, as studies indicate this schedule is more appropriate for adolescents' sleep needs and educational development.

Whereas a series of major and reliable clinical studies of adolescent sleep patterns have established that middle- and high school-aged students require more sleep than adults or younger children;

Whereas a lack of sleep can have profound negative effects on students' learning and ability to concentrate;

Whereas many students now arise by 5 am to get to schools with early start times; and

Whereas the Congress and the American people value highly the quality of the educational experience for these future leaders: Now, therefore, be it

Resolved by the House of Representatives

Section I. To begin the school day at 11 am for middle and high school students.

(a) In General—That Congress, through such means as it deems appropriate, encourage state school systems to implement a later start time.

(b) Follow-Up Study—That Congress authorize the Department of Education to study the results of the new schedule no later than one year after implementation.

