



September 12, 2018

Governor Edmund G. Brown
c/o Diana Dooley, Executive Secretary
State Capitol, Suite 1173
Sacramento, CA 95814
SENT VIA EMAIL: Diana.Dooley@gov.ca.gov

Dear Governor Brown:

The American Alliance for Healthy Sleep (AAHS) urges you to sign into law Senate Bill 328 (SB 328), “Pupil attendance: school start time,” which would require that school-day start times for middle and high schools to begin no earlier than 8:30 a.m. by July 1, 2021. The AAHS is a national non-profit member organization comprised of patients with sleep disorder, medical providers and others interested in healthy sleep, including both patients and providers residing in California. The mission of the AAHS is to improve the lives of patients with sleep disorders through advocacy, awareness, services and community, as well as spread the importance of healthy sleep for all, including middle and high school students who are not able to function at their highest level due to school start times that are incongruous with their natural need for sleep.

As teens enter adolescence, their internal circadian rhythm shifts to naturally favor later sleep times and subsequent wake times (7:30 or later), which is at odds with many school mandated start times. This results in chronic sleep loss for teenagers, which can result in poor outcomes for students, including poor school performance, obesity, increased depression or suicidal tendencies, and higher vehicle crash risks. Studies have shown that later school start times are associated with longer sleep time which results in reduced daytime sleepiness, less absences and tardiness, better class engagement, and a decrease in motor vehicle accidents.

Signing this bill into law will allow students to attain the appropriate sleep they need to perform at their highest level, which will benefit not only each student but the entire state of California through better educated, more alert students. The AAHS supports SB 328 to change California school start times to 8:30 a.m. or later and urges your support and signature on this bill to improve the sleep, and lives, of the students and citizens of California.

Sincerely,

A handwritten signature in black ink that reads 'Patti Van Landingham'.

Patti Van Landingham
Chair