Most U.S. middle and high schools start the school day too early

5 out of 6 U.S. middle and high schools start the school day before 8:30 AM

The American Academy of Pediatrics has recommended that middle and high schools should aim to start no earlier than 8:30 AM to enable students to get adequate sleep.

Teens need at least 8 hours of sleep per night. Younger students need at least 9 hours.

2 out of 3 U.S. high school students sleep less than 8 hours on school nights

Adolescents who do not get enough sleep are more likely to

- be overweight
- not get enough physical activity
- suffer from depressive symptoms
- engage in unhealthy risk behaviors such as drinking alcohol, smoking tobacco, and using illicit drugs
- perform poorly in school

For more information: www.cdc.gov