

IN CANADA, 1 IN 3 TEENAGERS DOES NOT GET ENOUGH SLEEP.

Insufficient sleep reduces academic achievement, school attendance, physical activity and mental health, and increases motor vehicle accidents.

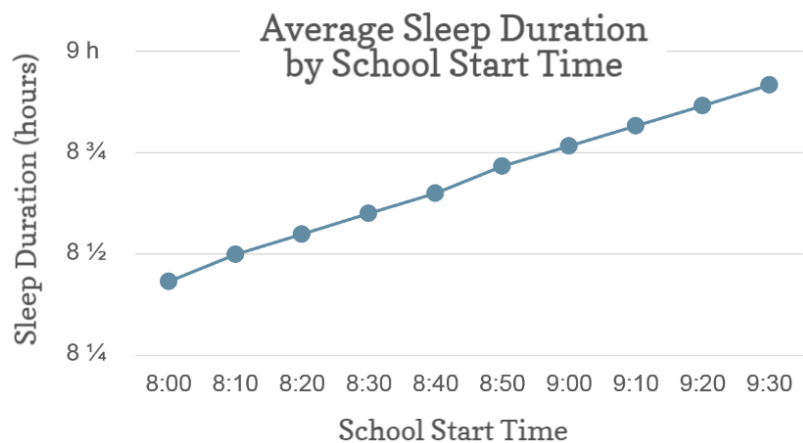


A LATER SCHOOL START TIME MIGHT HELP.



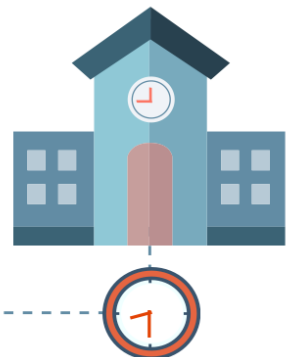
In a study of 29,635 students from 362 schools across Canada, students from schools that started later in the morning slept longer and were less likely to be tired than students from schools that started early.

DELAYING SCHOOL START TIME CLOSER TO 9:30 A.M. HAD MEASURABLE BENEFITS FOR TEENS.



IT IS TIME TO HAVE A CONVERSATION ABOUT SCHOOL START TIMES.

Canadian teens need good sleep. Delaying school start times could help.



Changing school start times involves consultations with many stakeholders. This study can inform these discussions and help Canadian school communities decide on the best course of action.