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

National Center for Chronic Disease Prevention and Health Promotion
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