

116TH CONGRESS
1ST SESSION

H. R. 1861

To direct the Secretary of Education to conduct a study to determine the relationship between school start times and adolescent health, well-being, and performance.

IN THE HOUSE OF REPRESENTATIVES

MARCH 25, 2019

Ms. LOFGREN introduced the following bill; which was referred to the Committee on Education and Labor

A BILL

To direct the Secretary of Education to conduct a study to determine the relationship between school start times and adolescent health, well-being, and performance.

1 *Be it enacted by the Senate and House of Representa-*
2 *tives of the United States of America in Congress assembled,*

3 **SECTION 1. SHORT TITLE.**

4 This Act may be cited as the “ZZZ’s to A’s Act”.

5 **SEC. 2. FINDINGS.**

6 Congress finds the following:

7 (1) The Secretary of Education has not for-
8 mally issued policy guidance on school start times.

1 (2) Eight to 10 hours of sleep a day is rec-
2 ommended for teenagers aged 13 to 18 years, but
3 early school start times are contributing to lack of
4 sleep among adolescents.

5 (3) Despite the shift in biological rhythms dur-
6 ing puberty, which causes adolescents to sleep later
7 at night and wake later in the morning, 93 percent
8 of high schools and 83 percent of middle schools in
9 the United States started before 8:30 a.m. in 2014.

10 (4) Numerous local educational agencies across
11 46 States have recently changed or are considering
12 changing school start times in an effort to improve
13 adolescent health, well-being, and performance.

14 (5) Later school start times are associated
15 with—

16 (A) improvements in academic perform-
17 ance, including attendance rates, grade point
18 averages, and test scores;

19 (B) improvements in mental and physical
20 health, including reduced risk of depression and
21 obesity; and

22 (C) improvements in public safety, includ-
23 ing reduced risk of automobile accidents.

24 (6) A universal delay in school start times
25 would be a cost-effective policy measure.

1 (7) The Department of Education’s mission is
2 to promote student achievement and preparation for
3 global competitiveness by fostering educational excel-
4 lence and ensuring equal access.

5 **SEC. 3. STUDY AND REPORT.**

6 Not later than 18 months after the date of the enact-
7 ment of this Act, the Secretary of Education shall—

8 (1) conduct a study, directly or through the
9 award of a grant or contract, to examine the rela-
10 tionship between school start times and adolescent
11 health, well-being, and performance that—

12 (A) provides a comprehensive review of the
13 scientific evidence relating to school start times
14 and adolescent health, well-being, and perform-
15 ance;

16 (B) compares adolescent health, well-being,
17 and performance among local educational agen-
18 cies with different school start times; and

19 (C) evaluates factors that contribute to or
20 affect school start times; and

21 (2) submit to Congress a report that de-
22 scribes—

23 (A) the findings of the study; and

24 (B) any recommendations of the Secretary
25 based on such findings.

1 **SEC. 4. DEFINITIONS.**

2 In this Act:

3 (1) LOCAL EDUCATIONAL AGENCY.—The term
4 “local educational agency” has the meaning given
5 the term in section 8101 of the Elementary and Sec-
6 ondary Education Act of 1965 (20 U.S.C. 7801).

7 (2) PERFORMANCE.—The term “performance”
8 means a measurement of how well an individual
9 achieves a desired task, and may include academic
10 performance and cognitive performance.

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