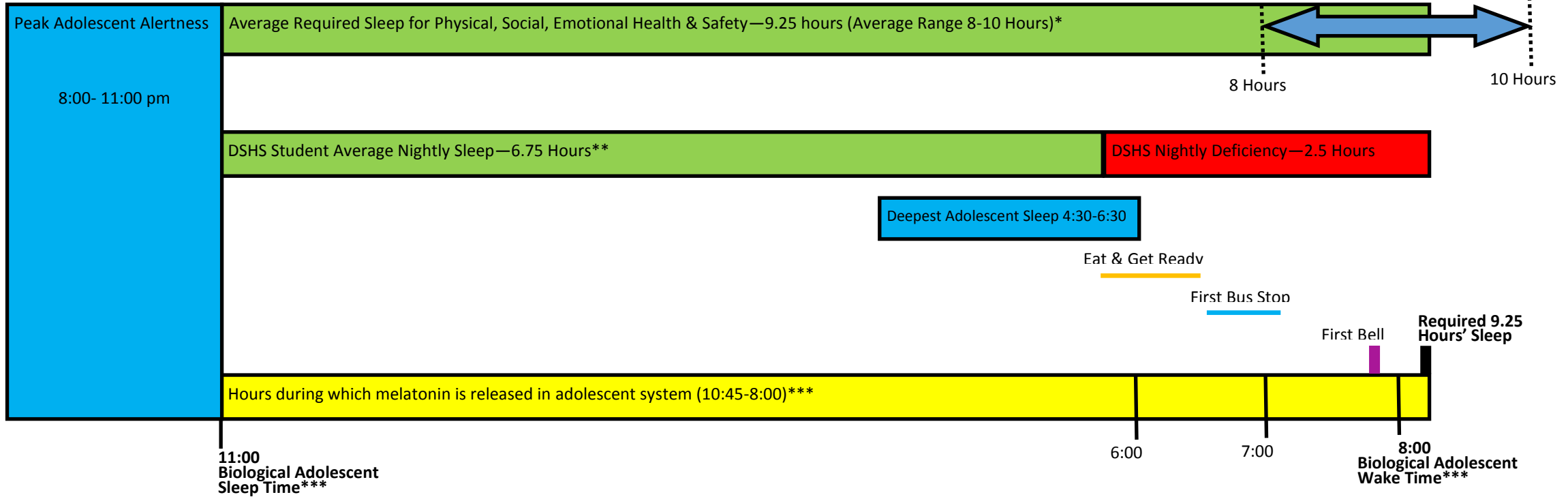


Dover-Sherborn Middle School-High School Sleep

What's the Problem?

Four minute video on why school start time matters

<https://vimeo.com/268324821?ref=em-share>



* Average Range Varies:

- 9-9.5 hours: Nationwide Children's Hospital
- 8.5-9.5 hours: American Medical Association
- 8-10 hours: CDC; American Academy of Pediatrics

** Stanford Survey of Adolescent School Experiences Report
Dover-Sherborn Regional High School Spring 2017

*** <https://www.sleepfoundation.org/sleep-topics/sleep-drive-and-your-body-clock>

schoolstarttime@doversherborn.org

Consistent Inefficient Sleep Linked to:

- Anxiety
- Depression
- Decreased Self-Esteem
- Inattention
- Increased Stress
- Substance Abuse
- Car Accidents
- Poorer Academic Performance
- Decreased Motivation

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4824552/>
<https://conservancy.umn.edu/handle/11299/162769>

Boston Magazine Top 10 Schools (by rank):

Changed	Considering	Not Yet
Concord-Carlisle (2)	Dover-Sherborn (1)	Man. Essex (5)
Wayland (3)	Newton South (6)	Bromf. School (8)
Weston (4)		
Sharon (7)		
Lexington (9)		
Acton-Boxboro (10)		