

# The Toolkit: Facilitating a Dialogue

Sleep Deprivation – A Public Sleep Health  
Issue Within Your Communities

Kathryn Hansen BS CPC CPMA REEGT  
Kentucky Sleep Society  
Winter Sleep Medicine Conference

I do not have any potential conflicts of interest to disclose.

I wish to disclose the following potential conflicts of interest:

Type of Potential Conflict	Details of Potential Conflict
Grant/Research Support	
Consultant	
Speakers' Bureaus	
Financial Support	
Other	

The material presented in this presentation has no relationship to these potential conflicts.

This presentation presents material that is related to one or more of these potential conflicts.

# Learning Objective

- ▶ Discuss the components of a toolkit to share with key stakeholders for developing educational and marketing materials

# Define Target Audience

- ▶ Patients
  - ▶ Providers
  - ▶ School Educators
  - ▶ Education Administrators
  - ▶ Legislators
  - ▶ Media
  - ▶ Colleagues
  - ▶ Non -believers
- 

# Statements on School Start Time

- ▶ [American Academy of Sleep Medicine: April 2017](#)
- ▶ The AASM position statement asserts that the school day should begin at 8:30 a.m. or later for middle school and high school students. The AASM encourages primary academic institutions, school boards, parents, and policy makers to raise public awareness to promote a national standard of middle school and high school start times of 8:30 a.m. or later. Starting school at 8:30 a.m. or later will help ensure that middle school and high school students begin the day awake, alert, and ready to learn.

- ▶ American Medical Association (AMA)  
Statement on School Start Times: June 2016
- ▶ The AMA policy calls on school districts across the United States to implement middle and high school start times no earlier than 8:30 a.m.. The policy also encourages physicians to actively educate parents, school administrators, teachers and other community members about the importance of sleep for adolescent mental and physical health.

▶ **CDC Statement: Insufficient Sleep is a Public Health Problem: August 2015**

The proportion of high school students who fail to get sufficient sleep (2 out of 3) has remained steady since 2007, per the 2013 Youth Risk Behavior Surveillance Report. The CDC recommends that middle and high schools start school no earlier than 8:30 a.m. This recommendation is based on the high rates of insufficient sleep among high school students, and the documented health risks associated with insufficient sleep, including higher rates of being overweight, drinking alcohol, smoking tobacco, and using drugs.

▶ Healthy Sleep 2020 Initiative: September 2012

The Federal Office of Disease Prevention and Health Promotion aims to increase public knowledge of how adequate sleep and treatment of sleep disorders improve health, productivity, wellness, quality of life, and safety on roads and in the workplace. One of the four initiatives is to increase the proportion of students in grades 9–12 who get sufficient sleep.

- ▶ Education Committee of the States (ECS) Policy Statement: May 2014

This briefing paper summarizes the latest research on teen sleep and school start times, explores policy options to address this education and public health issue, and recommends that school start times are adjusted appropriately for US adolescents. This paper also discusses the emerging legal risks of not changing school start in the presence of available research support for this change.

▶ American Academy of Pediatrics (AAP) Policy Statement: August 2014

The AAP strongly supports the efforts of school districts to optimize sleep in students by starting middle and high schools no earlier than 8:30 a.m. Individual school districts need to take average commuting times and other scheduling demands into account in setting a start time. These later start times allow students the opportunity to achieve optimal levels of sleep, improve their physical and mental health, and increase their academic performance, safety, and overall quality of life.

# Evidence Highlights

- ▶ Academic Performance
- ▶ Later start times decrease absences and tardiness and improve academic performance with evidence showing better scores in core courses and on standardized tests along with improved graduation rates. (Wahlstrom, 2014, Edwards, 2012 and McKeever & Clark 2017)

- ▶ Why Start School at 8:30 am or later?
- ▶ Teenagers have a natural shift in their sleep clock, causing them to go to bed later. They sleep best between the hours 10:45 pm and 8 am. While homework, extracurricular activities and screen time contribute to this issue, the main modifiable factor is early school start times. (Carskadon, 2011)
- ▶ About two-thirds of the teenagers in the country report obtaining less than the recommended 8–10 hours of sleep. (Wheaton et al, 2016)



- ▶ Car Accidents
  - ▶ Car crash rates decreased by 16.5% when school start times were moved one hour later. (Danner & Phillips, 2008)
- 

- ▶ Risk-taking Behaviors like Substance Use
  - ▶ A study involving 12,154 high school students found teenagers who obtain less than eight hours of sleep vs. more than eight hours of sleep were more likely to engage in risky behaviors such as fighting, smoking, alcohol/marijuana use and sexual activity. (McKnight-Eily, 2011)
- 

- ▶ Depression and Suicidal Thoughts
- ▶ Teenagers sleeping less than eight hours at night were about 3 times more likely to make a suicide attempt compared to those sleeping nine hours or more. (Liu, 2004).
- ▶

- ▶ Obesity
  - ▶ Teenagers who were not obtaining adequate sleep at age 16 were 20% more likely to be obese by the age of 21. (Shakira, 2014)
- 

- ▶ Sports Related Injury and Performance
  - ▶ Teenage athletes reporting 6 hours of sleep per night are 4 times more likely to be injured than those getting 9 hours of sleep. (Milewski, 2014)
- 

- ▶ High-Achieving Students
  - ▶ “Intelligence and an intense work ethic are no protection from the effects of sleep deprivation” as authors report high-achieving students who had their sleep restricted to five hours a night did worse on cognitive tasks compared to their well-rested peers. (Lo, 2015)
- 

# Additional Resources for Parents

- ▶ [Education Committee of the States \(ECS\) Policy Statement: May 2014](#)

This briefing paper summarizes the latest research on teen sleep and school start times, explores policy options to address this education and public health issue, and recommends that school start times are adjusted appropriately for US adolescents. This paper also discusses the emerging legal risks of not changing school start in the presence of available research support for this change.

# Personal Stories

- ▶ Powerful tool
  - ▶ Need for talking with the legislators
  - ▶ Identify someone who has a relationship with the legislator
  - ▶ Invite for interview with media
- 

# Newsletter: Wake Up Your Community to Healthy Sleep

- ▶ Whether you are a student, parent, teacher, school administrator, health care provider, coach, or policymaker, you can make a difference in protecting student sleep, health, safety, and learning. National Sleep Awareness Week, March 11 through 17, is a great time to get started. Find out more in this month's newsletter.
- 

# How to Communicate with the Community about School Start Times

- ▶ Parent Concerns
- ▶ Validation
- ▶ Solution "It Works"
- ▶ **Evidence**
- ▶ [http://cityofstillwater.granicus.com/MediaPlayer.php?view\\_id=2&clip\\_id=625](http://cityofstillwater.granicus.com/MediaPlayer.php?view_id=2&clip_id=625)
- ▶ Start School Later at
- ▶ <http://www.startschoollater.net>
- ▶ “action phase” – AASM letter announcing the [mnsleep.net](http://mnsleep.net) toolkit

# Summary

- ▶ Become an advocate
  - ▶ Educate
  - ▶ Organize
  - ▶ Collaborate
- 