

# SCHOOL START TIMES MATTER

During puberty, teenagers have delayed secretion of the sleep hormone, melatonin. The combination of delayed sleep and early school start times prevents 90% of teens from getting the recommended amount of sleep.

## EARLY START TIMES



Increase depression & anxiety



Increase risk of substance abuse

Increase risk of car accidents



## LATER START TIMES



Balance hormone levels

Increase lifetime earnings



Improve grades

