

RESOLUTION 2024-G

SUBJECT: Ending Early School Times in Michigan

SUBMITTED TO: Michigan Osteopathic Association House of Delegates

SUBMITTED BY: Dr. Andrew Adair

REFERRED TO: Public Affairs Committee

RECOMMENDATION: Approve as Written

ACTION TAKEN AT MOA HOD:

- 1 Whereas, inadequate sleep in adolescents has been shown to reduce academic performance,
2 increase tardiness, and decrease mental health, in addition to a myriad of negative physical health
3 issues; and
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- 5 Whereas, the American Academy of Sleep Medicine recommends 8-10 hours of sleep per night
6 for adolescents; and
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- 8 Whereas, the sleep-wake cycle is delayed in adolescents due to alterations in the two processes
9 that regulate sleep: the circadian rhythm, with development of a more evening-type circadian
10 phase preference, and the homeostatic process, with slower accumulation of sleep pressure; and
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- 12 Whereas, at the time of puberty, children experience a physiologically delayed sleep phase of
13 about two hours compared to their prior sleep schedule; and
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- 15 Whereas, the two above cycles contribute to a later sleep onset and morning awakening, for
16 example, an adolescent that falls asleep at 11:00 PM would need to sleep until 7:30 AM or later
17 to obtain sufficient sleep and develop progressive circadian alignment; and
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- 19 Whereas, only 8% of schools in Michigan have start times of 8:30 AM or later; and
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- 21 Whereas, substantial evidence is beginning to reveal later school times reduce chronic sleep loss,
22 decrease tardiness, improve mental health, safe driving, and academic performance; now,
23 therefore be it
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- 25 Resolved, that the Michigan Osteopathic Association (MOA), identify insufficient sleep and
26 sleepiness of middle and high school students as a public health issue; and be it further
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- 28 Resolved, that the MOA educate physicians about this public health issue in such a way that they
29 can better inform their patients and the public about the negative health effects of inadequate
30 sleep on adolescents; and be it further

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Resolved, that the MOA encourage legislative efforts that provide students the opportunity for the physiologically required amount of sleep to protect the opportunity for improved scholastic performance, physical health, and mental wellbeing by requiring school start times to be no earlier than 8:30 AM.

Relevant AOA Policy

H427-A/20 SLEEP DISORDERS – PROMOTING THE UNDERSTANDING AND PREVENTION OF

The American Osteopathic Association supports programs that promote education and understanding of sleep and its impact on health and encourages osteopathic physicians to educate their patients about sleep disorders and the importance of sleep and its impact on health.

H427-A/21 5-2-1-0+10 CAMPAIGN FOR AMERICAN CHILDREN

The American Osteopathic Association recommends the continued support of the 5-2-1-0+10 campaigning for America’s children. 5-2-1-0+10 stands for the 5 servings of fruits and vegetables each day, 2 hours or less of recreational screen time per day, 1 hour of physical activity per day, 0 sweetened or sugary drinks, and 10 hours of sleep every night for children.