



Join the movement for

# Better Schools

with the Oregon SLEEP Act!



## Why Do Start Times Matter?

Sleep is crucial to student achievement and wellbeing. By changing high school start times, we ensure that the system meets students' needs and secures a strong future.

## The Oregon Starting Later for Educational Excellence and Progress (SLEEP) Act is:



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### Youth Led, Youth Centered

This effort is led by a team of youth that are all invested in making the education system better for all students.



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### Engaging Every Voice

The team behind this effort is committed to hearing from every stakeholder from across the state.



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### Trusting the Science of Start Times

The Oregon SLEEP Act is based in decades of science which confirms a teenager's biological need for a later start time.



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### Benefitting Student Wellbeing

Numerous examples and studies link later start times to better grades, health, and overall wellbeing of students.



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### Supported by Stakeholders

Stakeholders from students, parents, teachers, and many district officials support a change to later start times in Oregon.



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### Joining the Nationwide Trend

Oregon has an exciting opportunity to be a leader in a growing trend across the nation for later start times in high schools.

