Expressing the sense of the Congress that secondary schools should begin the school day no earlier than 9:00 in the morning.

Whereas scientific studies indicate that adolescents experience hormonal changes that keep them awake at night;

Whereas most secondary schools begin classes at 7:30 in the morning or earlier;

Whereas most teen crime occurs between 3:00 and 6:00 in the afternoon, and a later start to the school day would result in a later release of students at the end of the school day;

Whereas adolescents who do not get enough sleep are more likely to be depressed, tardy, absent from school, obese, and engaged in other unhealthy behaviors;
Whereas recent studies demonstrate a relationship between later school start times and reductions in car crashes involving adolescents; and

Whereas many adolescents do not get enough sleep to realize their full academic potential: Now, therefore, be it

Resolved by the House of Representatives (the Senate concurring),

SECTION 1. SHORT TITLE.

This resolution may be cited as the “Zzz’s to A’s Resolution”.

SEC. 2. BEGINNING OF A SECONDARY SCHOOL DAY.

It is the sense of the Congress that secondary schools should begin the school day no earlier than 9:00 in the morning.