Today’s piece was prepared by Sally Peach, MD based on an NPR story [Sleepless No More In Seattle — Later School Start Time Pays Off For Teens](https://www.npr.org/sections/health-shots/2018/12/12/676118782/sleepless-no-more-in-seattle-later-school-start-time-pays-off-for-teens)

This news article discusses the recent shift in the Seattle public school start times and the effect of this change on teen sleep patterns. Beginning in the 2016-2017 school year, Seattle middle schools and high schools shifted start times from 7:50am to 8:45am. A case-control study of a small groups of students before and after the shift demonstrated significant improvements in length of sleep, school performance, and attendance when teens have a later start time.

The news article provides an appropriate and accessible introduction to the importance of sleep, including links to relevant articles. It also cites the AAP’s 2014 [policy statement](http://pediatrics.aappublications.org/content/134/3/642), which prompted the shift in school schedules. This makes it clear that sleep is an important issue and that the change was made with the intent to help students. The article does a wonderful job of going through the key results of the paper without getting bogged down discussing technical aspects of the analysis. However, the article misses the opportunity to discuss other ways to enhance teen sleep. Even with the school schedule changes, teens are still sleeping an hour less than what is recommended for their age group. The article does not discuss this at all. Mentioning screen time, cell phone usage, bedtime routines, and “sleep hygiene” would provide parent and teen readers with additional avenues to improve sleep.

**RESOURCES ON SLEEP:**

[Pediatric Sleep Council](https://www.babysleep.com/) *Advice by national sleep experts, directed by topic and age*

[Sleep for Kids: Teaching Kids the Importance of Sleep](http://www.sleepforkids.org/) *Child-friendly site by the National Sleep Foundation*

And that’s today’s Developmental & Behavioral Pediatrics: IN THE NEWS!