

SLEEP HEALTH® JOURNAL PRESENTS SPECIAL SCHOOL START TIME ISSUE

National Sleep Foundation's award-winning journal explores teen sleep and the impact of early school start times

Washington, D.C. (November 14, 2017) —The National Sleep Foundation (NSF) is proud to announce *Sleep Health®: Journal of the National Sleep Foundation's* [special issue on school start times](#) (December 2017). The special issue addresses the intersection between school policy and the sleep health of adolescents, specifically exploring the alignment between the biological, behavioral and social benefits of school start times and the circadian rhythms and biologically-driven sleep-wake cycles of teens. Articles cover topics related to legal and practical concerns associated with implementing delays in school start times for middle and high schools.

Lauren Hale, PhD, (Stony Brook University), Editor-in-Chief of *Sleep Health*, describes this special issue as “an opportunity for sleep scientists to help translate their findings to policymakers and educators.” Recognizing that the topic of school start times has broad, national appeal, NSF is providing free, full access to all articles in the December issue on sleephealthjournal.org through March 31, 2018.

This special issue is guest edited by Wendy Troxel, PhD, (RAND Corporation) and Amy Wolfson, PhD, (Loyola University Maryland). “This issue includes an interdisciplinary look at adolescents' sleep, circadian timing, and the implications for global school start time initiatives,” says Wolfson.

According to Troxel, “Although there are many factors that contribute to teen sleep loss, there is only one policy-level factor that directly contributes to this epidemic: early school start times.”

NSF launched *Sleep Health* in 2015 as a multidisciplinary journal exploring sleep's role in population health. Aligned with NSF's global authoritative, evidence-based voice for sleep health, the Journal serves as the foremost publication for manuscripts that advance the sleep health of all members of society. *Sleep Health* won the award for 2016 Best New Journal in Science, Technology and Medicine from the Association of American Publishers.

About the National Sleep Foundation

NSF is a non-profit organization dedicated to improving health and well-being through sleep education and advocacy. Founded in 1990, NSF is committed to advancing excellence in sleep health theory, research and practice. Sleepfoundation.org | Sleep.org | SleepHealthJournal.org

Contact: nsfmedia@sleepfoundation.org

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