

Elementary School Start Times

- Compared to the extensive and consistent literature on the negative impact of early start times in middle/high school students, the evidence in elementary students is limited and conflicting
 - One US study show little/no effect of a change to earlier start (8:20a to 7:45a) on sleep duration, behavior in 3-5th graders¹
- School-aged children are much more likely to be “morning larks” with a strong preference for earlier bed and wake times
- Several recent studies suggested early start times (KY) may be associated with more academic and behavior problems in KG-6th graders BUT²⁻³
 - The study did not assess sleep duration for any of the subjects
 - An "early" start is not defined for the analyses that were done
 - Kentucky has two time zones, and the range of sunrise time spans 1 hour 15 minutes, which is not accounted for in the data analysis regarding school start time
 - 6th grade students are often on the verge of puberty which makes them more like adolescents than young children in terms of their sleep habits and preferences
 - 6th grade students alone comprised half of all behavior incidents in the state report of elementary students' misbehaviors (versus Kindergarten - grade 5)