



Above the Noise sources

1. American Academy of Pediatrics: [School Start Times for Adolescents](#), August 2014
2. The Atlantic: [How School Start Times Affect High-School Athletics](#), April 2017
3. Centers for Disease Control and Prevention: [School Start Times for Middle and High School Students](#), August 2015
4. Developmental Neuroscience: [Adolescent Changes in the Homeostatic and Circadian Regulation of Sleep](#), June 2009
5. PLOS One: [Chronotypes in the US – Influence of Age and Sex](#), June 2017
6. Wahlstrom, Kyla L., et al, [Examining the Impact of Later High School Start Times on the Health and Academic Performance of High School Students: A Multi-Site Study](#), February 2014

The Lowdown sources

1. American Academy of Pediatrics: [School Start Times for Adolescents](#), August 2014
2. California Legislative Information: [SB 328](#) and [SB 328 Research Booklet](#), April 2017
3. Centers for Disease Control and Prevention: [School Start Times for Middle and High School Students](#), August 2015
4. KQED Forum: [Bill for Late School Start Passes Senate, Heads to Assembly](#), August 2017
5. Los Angeles Times: [School Day Wouldn't Begin Before 8:30 a.m. in California Under Bill That Clears the State Senate](#), May 2017
6. [Start School Later](#) (an advocacy organization)
7. Wahlstrom, Kyla L., et al, [Examining the Impact of Later High School Start Times on the Health and Academic Performance of High School Students: A Multi-Site Study](#), February 2014