



QUEBEC FEDERATION OF HOME AND SCHOOL ASSOCIATIONS INC.  
LA FÉDÉRATION QUÉBÉCOISE DES ASSOCIATIONS FOYERS-ÉCOLES INC.

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RESOLUTION 2018-01

**HEALTHY SLEEP AND SCHOOL START TIME**

**Whereas**, Research shows that adolescents require between 8.5 and 9.5 hours of sleep per night, yet more than two-thirds of teens average fewer than 8 hours of sleep on school nights; and

**Whereas**, Natural sleep rhythms change as children grow into adolescence, such that adolescents require an increased amount of sleep, have difficulty falling asleep before 11:00 PM; and

**Whereas**, Studies have demonstrated that the duration of sleep is positively correlated with academic outcomes for students; and external factors including, but not limited to, large amounts of homework, robust extra-curricular and work schedules, poor sleep routines and early school start times can curtail adolescents' sleep, thereby negatively affecting their ability to learn; and

**Whereas**, Research by the McGill's Institute of Health and Social Policy, in a recent study published in the Journal of Sleep Research, mirrors previous research internationally that has shown that teenagers who are sleep-deprived do worse at school, have more health problems, and are more vulnerable to depression, anxiety and behavioural problems.

The McGill researchers used Canadian data covering 30,000 students from 362 schools across Canada, from a cross-national survey conducted every four years in more than 40 countries in collaboration with the World Health Organization. *Source: Gariépy, G., Janssen, I., Sentenac, M., & Elgar, F. J. (2016). School start time and sleep in Canadian adolescents. Journal of Sleep Research. DOI: 10.1111/jsr.12475 and*

**Whereas**, Education of stakeholders and establishment of school policies which support healthy sleep habits are effective means of addressing problems that result from sleep deprivation that hamper students' progress and development, including absenteeism, tardiness and inattentiveness, and thereby improving student performance; and

**Whereas**, Evidence strongly indicates that earlier school start times are a key but modifiable contributor to insufficient sleep, as well as to natural sleep rhythm disruption; and

**Whereas**, Evidence proves that implementation of later school start times for adolescents affords students the opportunity to obtain optimal levels of sleep, thereby improving physical and mental health, safety, academic performance, and quality of life; and can be achieved with no change in the number of hours spent engaged in athletics, extracurricular activities, and homework after the schedule change.

**Therefore be it resolved**, that QFHSA promote youth, parents, educators, school personnel, school boards, athletic coaches, athletic organizations, provincial departments of education, and





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the community about the positive impact that sufficient, quality sleep has for teens' health, safety, academic success, and future earnings; and

**Be it further resolved,** that QFHSA and its members urge local stakeholders, policymakers and appropriate national organizations to collaborate in order to develop solutions and policies which provide opportunities and adequate funding for sufficient, quality sleep for adolescents reflective of their local community and transportation times; and

**Be it further resolved,** that QFHSA to encourage school Boards to incorporate standards regarding sleep needs and patterns, potential risks of insufficient sleep, signs of sleep related difficulties, and healthy sleep habits into existing health, science, physical education and other appropriate curricula; and

**Be it further Resolved,** QFHSA support the efforts of school districts to optimize sleep for adolescents and to aim for school start times that allow students the opportunity to achieve optimal levels of sleep and to improve their physical and mental health, safety, academic performance, and quality of life.

May 1, 2018

