

Sleep, Health & Student Success

A Community Conversation With Renowned Experts On How Schools Can Help Improve Student Academic Success, Physical & Mental Health, And Safety With Healthier Sleep.

SSL Hours

Thursday, March 27, 2025
7:00 p.m.

THIS EVENT IS NOW VIRTUAL

Students: Wear Pajamas To The Event
& To School March 28th!



Event Materials & Follow Up Resources

[Program with Speakers and Resolutions](#)

Here is the link to the program with information on the presenters, and who supports getting more sleep!

[Video Recording](#)

[Speaker Slides](#)

[Anne Arundel County Public Schools \(AACPS\) Student Video on Change to Later Bell Times Rollout](#)

2025 Maryland Senate Bill ([SB0468](#))

[Legislation](#)

[Fiscal and Policy Note](#)

[Testimony Recording \(Including MCPS Students\)](#)

2025 Maryland House Bill ([HB1015](#))

[Legislation](#)

[Fiscal and Policy Note](#)

[Testimony Recording \(Including Maryland Students\)](#)

Post Event Materials

Sleep, Health & Student Success: A community conversation with renowned experts on how schools can help improve student and academic success, physical & mental health, and safety with healthier sleep.

Abell Report Later School Start Times for Adolescents in Baltimore City Public Schools:
Opportunities and Recommendations

Hitting snooze: Teen sleep, school start times discussed at town hall
Countywide PTA group calling for classes to begin later for older students
Bethesda Today
By Ashlyn Campbell

Need more information? Interested in joining the effort to start school later?

Contact:

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Montgomery County Chapter Leader, Start School

Later, StartSchoolLaterMontgomery@gmail.com