

# Sleep Grand Rounds:

The State of Sleep Health in K-12  
Education and What You Can Do to Help

March 13, 2024 | 1:00 – 1:45 EDT

This webinar features an update from the Start School Later team on their AASM Foundation grant: *Connecting Sleep Health Resources to State Education Requirements to Facilitate Utilization by Classroom Teachers*.

Start School Later was founded in 2011 to enact positive change based on the published research on school start times. The organization has paved the way for students to have healthy sleep hours by creating various educational resources for students, parents, educators and school administrators, hosting conferences to facilitate efforts to improve adolescent health outcomes and advocating for legislation to ensure evidence-based school start times are implemented.



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