

## Research Articles

The following research articles were considered by the High School Bell Times Work Group. They were selected because they addressed topics of interest to the group: adolescent sleep patterns or educational institutions that adjusted start times.

- Downs, Gail C. (2001) On my own time: The conflict between adolescent sleep needs and high school start times. *Center of Education and Human Development at the University of Maine and the Penquis Superintendents' Association, Occasional Paper, (39)*, 1-11.
- Edwards, F. (2012). Early to rise? The effect of daily start times on academic performance. *Economics of Education Review, 31*, 970-983.
- Fredericksen, K., Rhodes, J., Jeddy, R., and Way, N. (2004). Sleepless in Chicago: Tracking the effects of adolescent sleep loss during the middle school years. *Child Development, 75*(1), 84-95.
- Hinrichs, P. (2010). When the bell tolls: The effects of school starting times on academic achievement. *Education Finance and Policy, 6*(4), 486-507.
- Joo, S., Shin, C., Kim, J., Yi, H., Ahn, Y., Park, M., Jim, J., and Lee, S. (2005). Prevalence and correlates of excessive daytime sleepiness in high school students in Korea. *Psychiatry and Clinical Neurosciences, 59*, 433-440.
- Miller, N.L., Shattuck, L.G., Matsangas, P., and Dyche, J. (2008). Sleep and academic performance in U.S. military training and education programs. *Mind, Brain, Education, 2*(1), 29-33.
- Walstrom, K. (2002). Changing times: Findings from the first longitudinal study of later high school bell times. *National Association of Secondary School Principals Bulletin, 86*(633), 3-21.
- Wolfson, A.R., Spaulding, N.L., Dandrow, C., and Baroni, E.M. (2007). Middle school start times: The importance of a good night's sleep for young adolescents. *Behavioral Sleep Medicine, 5*, 194-209.
- Wrobel, G.D. (1999). Impact of school starting time on family life. *Phi Delta Kappan, 80*(5), 360-364.