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Chair Neron, Vice Chair Dobson, Vice Chair McIntire, and Members of the House Education Committee:

My name is Timothy Leyden and I have been a long time advocate for making sensible high school start times a reality for the youth in our care. Thank you for taking the time to consider my input regarding **HB 2359- the SLEEP Act**.

I have taught Social Studies at Beaverton High School for 28 years, and have Bachelor degrees in Psychology, and History, from the University of Oregon. I have a Master's degree in Teaching from George Fox University, and am also certified to teach high school Science and English as a Second Language. In addition to having taught nearly every social studies subject under the sun, I taught English at a private school in Poland for two years in the early 2000s. I've been the sole AP Psychology teacher at Beaverton High School for the last 12 years. I have a daughter in her senior year of high school and another in her sophomore year in college. In September 2021 I published an "In My Opinion" piece for the Oregonian, advocating for changes to public school schedules.

This last year the Beaverton School District implemented HS start time changes to no earlier than 8:45am. **I have seen firsthand improved mood, behavior, attendance, performance among staff and students in my school.** I am certain this is the effect for the vast majority of staff and students throughout the District. Many other school districts have made the same sensible change.

Now is the time for our state to pass the SLEEP Act.

In these challenging political times, starting school later is *truly* the ultimate **political unifier**. Why? Because sleep is the *ultimate* common denominator for **ALL** people, of ALL racial & ethnic, SES backgrounds and political beliefs. It is a foundational **HUMAN NEED**.

Along with thirst, hunger, and protection from the elements, sleep is a must, and at this point in time, our future leaders---today's Oregonian teenagers----are being seriously and dangerously threatened by a chronic lack of sleep. You and I, and THEY, are at risk of being damaged by being underslept...and the consequences on their bodies and brain are known: absenteeism, poor grades and classroom performance, myriad negative health outcomes, addiction and mental health issues, And WE.. have the means to help fix this.

Adolescent brains and bodies are designed so that for the vast majority of teens it is hard to go to bed early, and even harder to wake up early. This isn't arguable—there's no debate about teen's unusual circadian rhythms----it's just biological, and medical, scientific **fact**. Data consistently shows our teens are not getting anywhere close to the amount of sleep recommended by groups such as the American Medical Association, and American Academy of Pediatrics. Too early start times compound the problem. School districts and schools can't really control the first part of this---*bedtimes*--- Yet they can **definitely** control the second....what time school starts.

Government in Oregon---long known for it's pioneering attitude toward effecting genuine, beneficial change for Oregonians --- has the opportunity to do the right thing again. There are some things that administrative bodies have the power to change, and some it doesn't. **This....** is doable. California, an entire state of nearly 40,000,000 people, has done this, with great feedback so far. We can do it too. A statewide law can serve as a comprehensive backstop to protect the needs of young Oregonians. Much like the requirement for a minimum number of instructional seat hours, passage of this Act would set a reasonable, healthful floor for start times, and help ensure that basic sleep needs for adolescents are being met.

On behalf of the youth of Oregon, thank you for your time and consideration in this matter.

Timothy Leyden