



Oregon SLEEP Act



THE OREGON STARTING LATER FOR EDUCATIONAL EXCELLENCE AND PROGRESS (SLEEP) ACT OF 2025 (HB 2359)

Stand With **OREGON** STUDENTS

THE OREGON SLEEP ACT (HB 2359)

Sleep is crucial to student achievement and wellbeing. With this bill, Oregon has an exciting opportunity to be a leader in a growing trend across the nation for later start times in high schools. And, by changing high school start times, we ensure that the system meets students' needs and secures a strong future for all students in Oregon.

THE OREGON SLEEP ACT IS A COMPREHENSIVE BILL THAT IS:

- **Meeting Student Needs**
Adolescent students biologically need a later start time to get ample sleep.
- **Student-Led and Student-Centered**
This bill is led by a team of Oregon students, and centers student voice at its core.
- **Targeting a Root Cause**
Many issues arise from students' lack of sleep, and to fix those we need to target root causes.
- **Investing in the Long Term**
Long-term benefits in economic and noneconomic factors are seen in statewide changes.
- **Supported by Many Stakeholders**
A wide variety of statewide and local organizations have endorsed this policy.

We support healthy start times for ALL students!



OSPA
Oregon School
Psychologists Association



Oregon Public Education Network



OREGON
SCHOOL-BASED
HEALTH ALLIANCE



NEXT
UP

...and many others!



Join the movement for

Better Schools

with the Oregon SLEEP Act (HB 2359)!



Why Do Start Times Matter?

Sleep is crucial to student achievement and wellbeing. By changing high school start times, we ensure that the system meets students' needs and secures a strong future.

The Oregon Starting Later for Educational Excellence and Progress (SLEEP) Act (HB 2359) is:



01

Youth Led, Youth Centered

This effort is led by a team of youth that are all invested in making the education system better for all students.



02

Engaging Every Voice

The team behind this effort is committed to hearing from every stakeholder from across the state.



03

Trusting the Science of Start Times

The Oregon SLEEP Act is based in decades of science which confirms a teenager's biological need for a later start time.



04

Benefiting Student Wellbeing

Numerous examples and studies link later start times to better grades, health, and overall wellbeing of students.



05

Supported by Stakeholders

Stakeholders from students, parents, teachers, and many district officials support a change to later start times in Oregon.



06

Joining the Nationwide Trend

Oregon has an exciting opportunity to be a leader in a growing trend across the nation for later start times in high schools.

