

MEDCHI, THE MARYLAND STATE MEDICAL SOCIETY
HOUSE OF DELEGATES

Resolution 9-10

INTRODUCED BY: Montgomery County Medical Society

SUBJECT: Adolescent Sleep Deprivation

1 Whereas, the goal of The Medical Society is to promote and enhance the physical and mental
2 health of the citizens of Maryland; and

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4 Whereas, it has become increasingly obvious that adolescent sleep deprivation is a public health
5 issue; and

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7 Whereas, there is a biological shift to a later sleep pattern in adolescence; and

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9 Whereas, research has indicated the adverse impact of inadequate sleep on teen driving safety;
10 and

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12 Whereas, behavioral and emotional problems have also been demonstrated with inadequate
13 sleep; and

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15 Whereas, start times for high school are too early, particularly for those with a long bus ride;
16 therefore be it

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18 Resolved, that Med Chi will communicate medical information on adolescent sleep deprivation
19 to the Maryland Superintendent of Schools and to each county superintendent of schools with an
20 aim to encourage a later start time for Maryland schools.

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23 At its April 24, 2010 meeting, the House of Delegated referred Resolution 9-10 to the Public
24 Health Committee for implementation.