MEDCHI, THE MARYLAND STATE MEDICAL SOCIETY  
HOUSE OF DELEGATES

Resolution 9-10

INTRODUCED BY: Montgomery County Medical Society

SUBJECT: Adolescent Sleep Deprivation

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

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

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

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

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

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

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

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