



SleepCentric & AASA 2025 Alignment Brief

Why Sleep Literacy Matters:

Sleep is a foundation for student health, attendance, academic success, and staff wellness. SleepCentric's mission is to help schools, families, and communities embrace healthy sleep practices that drive measurable results.

AASA 2025 Federal Priority	SleepCentric Alignment
Expand school-based mental health services	Our sleep education reduces stress, depression, and anxiety while supporting student & staff wellness.
Address staffing & educator shortages	We provide ready-to-use tools and workshops, lightening teacher workload and supporting professional development.
Support equity in student access & wellness	Our programs benefit all students, with special attention to underserved communities and families.
Strengthen school-based data & accountability	We provide simple, measurable outcomes—attendance, grades, safety—that reduce administrative burden.

Return on Investment (ROI):

- A **2% improvement in student attendance** can recover **\$200,000–\$400,000 annually** in lost funding for a district of 10,000 students.
- Well-rested students achieve **better grades** and demonstrate **improved safety & behavior**.
- Districts gain from **healthier staff** with reduced burnout and absenteeism.

Partner with SleepCentric

We are ready to collaborate with superintendents and school districts nationwide to advance AASA's 2025 agenda while boosting attendance, academics, and student well-being.

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