

Studies Linking Better Sleep to Improved School Attendance

Research consistently shows that improving adolescent sleep—whether through later school start times, reducing sleep problems, or improving sleep quality—has a measurable positive impact on school attendance. Students who get sufficient and high-quality sleep are more likely to arrive at school on time, attend more regularly, and engage more fully in learning.

Key Findings:

- **Delayed start times:** Later school start times allow students to get more rest, resulting in improved attendance and reduced tardiness.
- **Reduced sleep problems:** Addressing sleep issues decreases absences and promotes consistent school attendance.
- **Improved cognitive readiness:** Better sleep quality boosts focus, memory, and classroom engagement, indirectly supporting better attendance.

References

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