



INFORMATION ON MIDDLE AND HIGH SCHOOL START TIMES for 2026-2027

What is HB 733?

Middle School and High School Start Times

The bill requires district school boards to adopt middle and high school start times beginning with the 2026-2027 school year.

By July 1, 2026, middle schools may not begin the instructional day prior to 8:00 a.m., and high schools may not begin prior to 8:30 a.m.

<https://www.flsenate.gov/Session/Bill/2023/733>



HB 733 Requirements

- Inform stakeholders about the health and safety impacts of *sleep deprivation* on middle and high school students.
- Inform stakeholders about the *benefits of the later school start times*.
- Discuss local strategies to successfully implement the later start times (more information to follow).



Impacts of Sleep Deprivation

- The American Academy of Pediatrics, the American Academy of Sleep Medicine, the National Sleep Foundation, and the American Medical Association all have policy statements in support of delaying school start times for adolescents.
- Adolescents need on average 8-10 hours of sleep per night
- Sleep deprivation can harm students' health, academic performance, and safety
- Sleep deprivation can lead to:
 - Mood disorders
 - Tendency towards high-risk behaviors
 - Lower academic performance
 - High prevalence of self-reported accidents among teen drivers



Benefits of a Later Start to School

- . An increase in the amount of sleep
- . Self-reported improvements in health and well-being
- . Decreased absenteeism and tardiness rates
- . Positive relationship with academic outcomes
- . Suggested correlation between later school start times and a decrease in car crashes involving teenage drivers

